

Foolproof **SOUS VIDE** **COOKBOOK**

101 Easy Restaurant-Quality Meals At Home
[With Instructions & Illustrations]

ISABELLE DAUPHIN



Foolproof
SOUS VIDE
COOKBOOK

*101 EASY RESTAURANT-QUALITY MEALS AT HOME [WITH
INSTRUCTIONS & ILLUSTRATIONS]*

By

ISABELLE DAUPHIN

healthy happy Foodie

HEALTHY HAPPY FOODIE PRESS

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REVIEWS

I loved this book! It looks great, the pictures are beautiful, and the text is easy to read. I love the font size and overall feel of the book, it's really nicely produced. I loved the 10 minute start section that held my hand through making my first sous vide steak, which turned out delicious!

Sonia C.

Thanks for the clear and unfluffy text. I'm so tired of cookbooks that are full of useless information and anecdotes. You've done a great job of providing all the useful info I needed to understand sous vide and be successful with it. I made my first steak a few days ago, and since then I've made sous vide fish, chicken, and oso buco. I'm hooked...

Tom M.

Great recipes in this book! I've already tried the shrimp, steak, and even a cake recipe. They were all fabulous beyond my expectations. This book looks good, tastes good, and I'm very happy to have it in my kitchen!

Wanda W.

Have you ever had sous vide filet mignon? That has become my family's favorite meal because it's better than anything we've ever

had at a restaurant! This cooking method is magical...it almost easily beats any restaurant I've ever been to. And it has become my secret weapon when cooking for friends. You can't imagine how satisfying it is to be complimented over and over again by friends for "that amazing steak you made for us"...

Kathy P.

This is one of the best sous vide books I've seen! I especially like the clear instructions and the workarounds and pro tips. The design of the book is also fantastic, high end. Great book!

Deborah L.

INTRODUCTION

WHO THIS BOOK IS FOR

If you have just purchased, or already own, a Sous Vide circulator, then you need this book! Here's why:

Get the Most Out of Your Sous Vide Experience!

Illustrated instructions, a quick start guide and beyond-the-manual tips and tricks will teach you how to get the most out of your sous vide tools so that sous vide becomes your family's favorite way to cook just about anything.

Get a Fast Start with “10 Minute Quick-Start”!

Our illustrated “10 Minute Quick-Start” chapter will walk you through your first complete meal in under 10 minutes, so you can quickly enjoy delicious meats, vegetables, breakfast, desserts, and much more instead of spending all of your time reading instruction manuals.

Clear, Illustrated Instructions!

Will make your sous vide experience so simple you can start cooking in minutes while avoiding beginner mistakes such as

wrong settings, wrong timing, etc.

Go Beyond the Instruction Manual!

Our Pro tips will have you cooking like the pros in no time. Learn the science behind sous vide cooking so that you can confidently make the best, most nutritious meals you've ever had.

Unbiased Recommendations, Workarounds, and Pro Tips!

To help you confidently make amazing meals that are perfectly tailored to your family, while avoiding common mistakes, wherever you go!

All the Recipes You'll Ever Need!

101 of the best sous vide recipes on the planet will allow you to make the classic breakfasts, lunches, and dinners you are already familiar with, as well as fun and exciting recipes which will give your family the variety they love.

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ABOUT SOUS VIDE



What is Sous Vide?

Sous vide cooking is a method in which food is sealed in a bag, submerged in a water bath, and gradually brought to a specific temperature in order to ensure perfectly reliable results. There are many advantages to sous vide cooking, but the most obvious is that it is virtually impossible to overcook your food. Since modern sous vide cooking relies on specialized sous vide circulators (a heating element that precisely controls water temperature), maintaining a constant water temperature is effortless. Because the circulator makes sure the water is always set to the exact temperature that you desire, the food in the water bath will never rise above or fall below that temperature, so you never run the risk of over or undercooking

anything.

What Does Sous Vide Do?

By using perfectly controlled temperatures, sous vide cooking allows you to cook many of your favorite meats, fish, and vegetables with ease. Your sous vide circulator is designed to be immersed in a water bath where its motor and heating element will raise the temperature of the water to a specific temperature. Your circulator has a built-in thermometer, so it will be able to constantly make adjustments as your food cooks. Depending on what you are cooking and what kind of texture you would like to achieve, you will leave the food in the water bath for a certain amount of time. As your food cooks, the water bath will bring your food to a precise temperature and then hold it there until you are ready to serve. Since the food is “cooked” when it reaches a certain temperature, the amount of time the food remains at that temperature is less critical in sous vide than in other methods of cooking.

What Does Sous Vide NOT Do?

Cooking sous vide is all about internal temperature, but there are other aspects of cooking like searing, frying, and baking which require additional processes, called “finishing.” While sous vide cooking is a great way to prepare food before searing or frying, you

will still need additional equipment to accomplish these finishing steps. Additionally, sous vide isn't a very good way to cook breaded or baked foods.

Who Uses Sous Vide?

Because it is so easy and foolproof, anyone can benefit from sous vide cooking because it takes so much of the guesswork out of cooking virtually anything. Once you have become familiar with the preparation process, you will find that cooking sous vide is a great way to make amazing meals while saving time and energy. Sous vide cooking was originally used in high-end professional kitchens to improve efficiency when high volumes of food needed to be prepared quickly. However, home cooks are embracing the method for a variety of reasons. For beginner chefs it is the perfect way to ensure that you never over or undercook food. Busy professionals will appreciate the fact that you can sous vide while at work all day and come home to a perfectly cooked meal that requires only minutes to finish.

The History of Sous Vide

The term sous vide is French for “under vacuum” which describes the main feature of sous vide cooking. In order to successfully cook sous vide it is necessary to submerge the food in a water bath in a vacuum sealed bag. Sous vide is a cooking

method that originated in France as early as 1799 as a method for reliable cooking and food preservation. Without special equipment, however, maintaining a constant temperature was a challenge and required constant supervision. Cooks of this era also didn't have the luxury of modern plastic bags and relied instead on animal intestines and bladders which was not very reliable for maintaining a perfect air tight seal. While the method provided impressive results, it was not a technique that was widely used because it required a lot of extra work. It wasn't until the 1970s, when sous vide immersion circulators became available, that French chefs discovered that sous vide was the perfect way to cook foie gras. They found that using this method, they were able to perfectly cook the delicate goose liver pâté and maintain its original appearance. It also helped to retain the pâté's rich fat while cooking thoroughly. It wasn't long before other chefs began seeing the benefits of sous vide cooking. Now it is a widely used method for cooking many different types of foods and is found in professional kitchens around the world. These days, home sous vide units are state-of-the-art pieces of technology, with many employing Bluetooth capability and smartphone apps.

Health Benefits

Everyone is concerned about getting proper nutrition, but what you may not know is that certain cooking methods can actually

destroy some of the vital nutrients that our bodies need. Many types of food, including meats and vegetables can lose a great deal of their nutrients while being cooked over high heat. Some fat-based nutrients can simply break down and become less beneficial, while others are lost as the juices cook out of the food. With sous vide cooking, however, you don't have to worry about losing those precious nutrients. Because sous vide uses much lower temperatures, the nutrients remain intact. And since the juices are all contained within the vacuum sealed bag, they don't have anywhere to go.

Cautions

Sous vide cooking is one of the easiest and safest ways to cook almost anything, but if food is cooked at too low a temperature for too long, you run the risk of foodborne illness. Foods like fish are best at around 120-125 °F , but they only require around a half an hour in the sous vide to cook properly. After more than three hours at such a low temperature, bacteria can begin to multiply and become a health risk. A good rule of thumb is: Foods that are best at a low temperature like fish should only cook for a short time (less than three hours), and foods that need a long cook time need to be cooked at high temperatures (165 °F and up). If you stick to these basic guidelines your food will always be 100% safe to eat. You should also be aware of what type of bags you are using to

seal your food. Make sure to always use BPA free vacuum seal or zipperlock bags because they do not contain harmful chemicals which may contaminate your food. You can check to see if your bags are BPA free by checking the packaging.

HOW TO SOUS VIDE



Equipment You Will Need

In order to get started cooking sous vide, you will need some equipment. First, you will need a sous vide circulator. Currently, there are many different sous vide circulator models on the market and they can be purchased fairly inexpensively. The circulators fall into two categories. Those with on-board controls, such as the Anova, or units which are controlled remotely via Bluetooth, like the Joule. While Bluetooth enabled sous vide units tend to be more expensive, either type will provide excellent results. Additionally, you will need a cooking vessel. This vessel will hold the water in which you will do your sous vide cooking. For maximum versatility we recommend a vessel which can easily hold at least

ten quarts of water. Remember, your food will need to be completely submerged in order to properly cook. The Everie sous vide container is designed specifically for sous vide cooking, but you can also use a plexiglass Cambro which is somewhat less expensive, or simply a large pot. You will also need a way to seal your food for the cooking process. You can do this with a vacuum sealer like a FoodSaver, or you can use zipperlock bags and the water displacement method (see Pro Tips) if you don't feel like investing in a vacuum sealing machine. Keep in mind that the vacuum sealing method is better if you plan on cooking for long periods of time or at higher temperatures.



Using Zipperlock Bags

If you choose not to use a vacuum sealer for your sous vide cooking, you will probably be using zipperlock bags and the water displacement method for sealing. Be careful though, because not all zipperlock bags are created equal. Depending on the bags you are using, they may not be BPA free and this can lead to harmful chemicals leeching into your food as it cooks. Also make sure to always use zipperlock bags which are suitable for freezing. Simple storage bags are not made from high quality plastic and will not withstand cooking at higher temperatures. This may result in your food having a chemical taste, or a chemical smell in your kitchen. If this occurs while cooking, discard what you are cooking and ventilate your kitchen immediately. As long as you are using BPA-free freezer strength bags, you should be just fine.

Setting Up and Using Your Sous Vide Unit

One of the best aspects of sous vide cooking is how easy it is. All you have to do to get started is fill your cooking vessel with enough water to fully submerge your food, attach your sous vide circulator to the edge of the cooking vessel, and you're ready to go. Once you've set your desired temperature on the circulator, all you have to do is seal your food in either a zipperlock bag or a vacuum sealed bag and drop it into the water bath. Your sous vide circulator

will constantly circulate the water and keep it at just the right temperature. You can refer to our helpful recipes for information about what temperature settings are best for different foods, and how long your food should cook. In general, foods like steak, fish, pork chops, and chicken will cook at lower temperatures for a short time. Foods like ribs, brisket, and short ribs will cook at higher temperatures for longer periods of time. If you are going to cook foods which require a longer cooking time, make sure to add extra water to your water bath as some evaporation will occur while cooking for long periods of time.

1

Place your Everie container on a level surface which is close enough to a grounded power outlet. Insert your sous vide circulator into the hole at the corner of the Everie's lid and attach to the lip of the container.

**2**

Fill the container to between six and ten quarts of water depending on what you intend to cook. Your food needs to be completely submerged in the water by several inches to cook evenly. Set to your desired temperature and wait until the water has reached the correct temperature.

**3**

Place the food you want to cook in either zipperlock bags or vacuum seal bags. Remove all of the air from the bags.

**4**

Place the bags of food into the water bath and make sure they are completely submerged. Follow the recipe to determine how long the food should cook and set a timer.



Learning the Controls

Each sous vide circulator is a little different, but there are two main types: those with a display and a temperature control, and others which are controlled via a Bluetooth connection and a smartphone app. Since timing isn't as big a concern with sous vide as with other types of cooking, many circulators do not have a timer control. Simply set your circulator to the correct temperature and wait for the heating element to bring the water to temperature.

The Cooking Process

Sous vide cooking uses precise heat to bring your food to the correct internal temperature. This gentle cooking process may take a little longer than conventional cooking depending on what you are cooking, but the results are guaranteed to be perfect. A typical steak will cook for about one hour in the water bath before it is ready to be seared. While it may take a little longer, you will have a steak which is perfectly pink all the way through rather than having a steak which has a little pink and a lot of gray from conventional cooking.

Workarounds

The water in your sous vide container is constantly moving because the sous vide circulator has a motor which keeps the water moving. As a result, you may find that your food has a tendency to move around in the container. This can be a problem because you do not want your food to come into contact with the circulator and

possibly clog its vents. To keep your food in place, use small metal butterfly clips to attach the bag to the edge of the container. This will keep your food in place and safely away from the circulator.

If you are cooking for long periods of time and using vacuum sealed bags to hold your food, you may find that after twenty-four to thirty hours the seal begins to weaken and air is let into the bag. This is because long cooks require higher heat, and this heat can wear out the vacuum seal. A great way to remedy this is to double seal your bags. Simply vacuum seal normally, and then add another seal a couple of centimeters from the first seal. The addition of the extra seal should keep your bags airtight for the remainder of the cook.

Long cook times at high temperatures can also cause significant evaporation, which may result in your sous vide circulator automatically shutting off. To minimize evaporation, try covering your vessel with aluminum foil, or placing ping pong balls on the surface of the water.

Troubleshooting

PROBLEM	SOLUTION
I cooked my food at the right temperature and correct time, but it isn't cooked evenly.	If you find that your food is cooked unevenly, most likely the bags are not properly sealed. All of the air must be removed from the bags or you will have air pockets which keep the food from making contact with the water outside the bag. Before cooking, make sure there are no air bubbles around your food.
When I sear a steak after cooking sous vide it comes out overcooked.	Cooking sous vide will allow you to bring your food to a very precise temperature, but if you are planning to sear afterwards, that will likely raise the internal temperature slightly. Many charts you find will show the final internal temperature for different levels of doneness, but if you are planning to sear you will want to subtract about five degrees from your sous vide cooking temperature. Make sure your pan is hot enough to sear quickly so only the surface of the meat is affected by the high heat.
I seasoned my food the way I usually do before cooking sous vide, but it came out too salty.	When you season food and cook it conventionally some of the seasoning is bound to come off during the cooking process. When you cook sous vide your seasoning has nowhere to go so it's more concentrated on your food. Next time, try using less seasoning.
I can't set my sous vide circulator for more than ninety-nine degrees.	Your circulator functions in both Fahrenheit and Celsius. If your circulator won't go over ninety-nine it's probably set to Celsius.
When I cook for a long time the water evaporates and my circulator starts beeping. How do I cook for long periods of time without this happening?	If you're cooking for long periods of time and you don't want to have to keep adding water to offset evaporation, try covering your vessel with aluminum foil, covering the water surface with ping pong balls, or buy a vessel like the Everie which comes with a built-in lid.

10 Minute Quick-Start

The goal of “10 Minute Quick-Start is to walk you through making your first meal so you “learn by doing” in under 10 minutes. Once you’ve had a chance to get familiar with how your sous vide circulator works, you can begin experimenting with all different types of foods.

Let’s get started!

Overview

Your first sous vide steak dinner.

Getting perfect results with a nice steak can be difficult. You have to know exactly what temperature the inside of the steak will be, and there are so many variables. Luckily, cooking steaks with the sous vide method takes most of the guesswork out of it. Now you don’t have to rely on pressing your thumb into the meat to try and estimate how well done it is. All you have to do is set your sous vide to your desired temperature and get ready for a truly amazing dinner.

Collect these ingredients

2 (12 oz.) New York strip steaks

1 lb. fresh asparagus

1 tablespoon olive oil

2 tablespoons vegetable oil

1 tablespoon butter

Salt and black pepper



Collect these tools

Sous vide container or large pot

Sous vide circulator

Zipperlock or vacuum seal bags

Tongs

Cast iron pan or grill



Follow these instructions

1. Fill your sous vide container with water and attach the sous vide circulator. Set the circulator to 125 °F for medium rare steaks and 130 °F for medium.
2. Season the steaks with a generous amount of salt and place into zipperlock or vacuum seal bags and remove air.
3. Place the asparagus in a zipperlock or vacuum seal bag and add a little salt and one tablespoon of olive oil. Remove air and seal the bag.
4. When the water bath reaches the proper temperature, place the bags with the steak in the water. Allow to cook for one to two hours, depending on the thickness of the steak.
5. When half an hour is remaining for the steaks, add the bag with the asparagus to the water bath.
6. When the steaks are nearly finished cooking, heat a cast iron pan over high heat and add two tablespoons of vegetable oil. When the oil is just starting to smoke, remove the steaks from their bags, sprinkle with pepper and add to the pan.
7. Sear the steaks for one minute per side, flip and add the butter to the pan, spooning it over the steaks. Remove the steaks from the pan and allow to sit for a couple of minutes.
8. Remove the asparagus from the bag and divide onto two plates. You can serve the steaks whole or slice to serve.

Congratulations!

You've just made your first sous vide meal. Now that you've gotten a hang of the basics, it's time to start experimenting with everything sous vide cooking has to offer. Once you've been using it for a while, you will wonder how you ever lived without it!

PRO TIPS



The Water Displacement Method

If you don't feel like using a vacuum sealer every time you cook sous vide, you can use the water displacement method. This method is only recommended for foods which will only be cooking for a short period of time because it does not form as strong a seal as a vacuum sealer. Get started by placing your food in a zipperlock bag. Close off the entire zipperlock except for one corner. Before the water bath has come to temperature, place the bag into the water bath and slowly submerge the bag. You will notice that as you submerge the bag, air is pushed out of the open corner of the bag. Once that corner has reached the surface of the water, pinch it to close completely. This should effectively remove

all of the air from your bag and you are now ready to cook.



How to Source the Best Ingredients

Since cooking sous vide is practically guaranteed to provide perfect results, it's important to make sure you are using high quality ingredients to maximize every meal. If you are cooking beef, take a trip to your local butcher and see what they have to offer. Chances are, they have higher quality meat than you will find at the supermarket.

You also need to know the different grades of beef so that you get the right meat for your recipe and your budget. Beef is broken down into eight grades of quality, but chances are you will only ever see three of them when shopping. Prime, Choice, and Select. The grade is based on the fat content with "Prime" being the highest. You will easily be able to see its rich marbling which will translate into the juiciest, most tender beef. The most common grade is "Choice", and while less fatty than Prime, it is still a very high-quality cut. "Select" is the lowest grade you will find in supermarkets and will be less juicy and tender, but it will also be the least expensive.

Another factor is grass fed versus grain fed. Most American beef is grain fed and that is the flavor most Americans are used to. Grass fed beef, on the other hand, has a richer flavor and typically comes from smaller, more sustainable farms.

For other meats like poultry and pork, the best way to ensure quality is by buying fresh, organic meat which has not had any water or salt added. Organic is also the best way to go for produce as it has been grown without the use of harmful pesticides which can remain on fruits and vegetables even after being rinsed.

Cook Low and Slow for Fall-Off-The-Bone Meats

Did you know that cooking sous vide is a great way to make your favorite barbecue dishes in your kitchen without the hassle of using a smoker? How does this really work? Meats like pork shoulder and brisket are delicious, but in order to get that fall off the bone texture they have to be cooked for a long time. This means that you either have to smoke them at low temperatures or keep them in the oven all day. This can be tricky if you have a busy schedule. But with sous vide cooking you can safely cook food all day without supervision. If you want to make perfect fall-off-the-bone meats at home, season the outside of the meat with your favorite rub, seal it, and adjust your sous vide circulator to 165 °F . Then submerge the meat in the water and cook for twelve hours.

With Sous Vide There's No Need to Rest Meat

Generally, when cooking things like beef, you will need to rest the meat after cooking. Depending on how large a piece of meat you have, this time could range anywhere from ten minutes for an

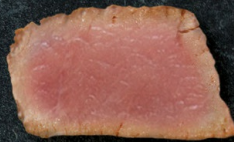
average steak, to about an hour for a rib roast. The reason meat needs to rest is to give the cooler internal temperature of the meat time to even out with the hotter external temperature of the surface of the meat. Allowing the meat to rest ensures that the juices within the meat will be fully absorbed and not lost when the meat is cut. When meat is cooked sous vide, this difference between the internal and external temperatures does not exist, which means meat cooked sous vide can be served right out of the bag. Or right out of the pan if you're searing it.



A Great Sear is Another Way to Add Flavor

You've used your sous vide to cook your food to the desired temperature, but what's next? Well, certain foods like vegetables and fish are often ready to eat right out of the bag. But things like beef or chicken can benefit from one more step. If you're making a nice New York Strip steak, your sous vide has cooked the inside to whatever temperature you prefer, but most of us like a nice dark sear on a steak. Once you're happy with the internal temperature, heat a pan (preferably a cast iron pan) to the point of smoking and add a tablespoon of vegetable oil. Drop your steak in the pan for just a minute on each side to achieve a nice dark sear. To enhance the sear further, try adding a tablespoon of butter to the pan while searing for an even darker, crisper crust. The high heat will sear the outside nicely, but the inside will stay juicy and rare.

Pork



RARE
130°F 1-2h



MEDIUM
138°F 1-2h



WELL
145°F 1-2h

Beef

1 - 2" thick Ribeye or New York Strip.
These temperatures assume you will be searing after cooking sous vide.



BLUE
118°F 1-3h



RARE
120°F 1-3h



MEDIUM RARE
125°F 1-3h



MEDIUM
130°F 1-3h



MEDIUM WELL
140°F 1-3h



WELL
145°F 1-3h

Salmon



RARE
110°F 1h



MEDIUM
120°F 1h



WELL
135°F 1h

Flavor Building

The best way to start building flavors is with a general seasoning with salt and black pepper. You can also experiment with these herbs and spices to build fun, new flavors with different proteins.



BEEF	SALMON	PORK	CHICKEN	VEGETABLES
Shallots	Lemon Pepper	Mustard	Rosemary	Olive Oil
Garlic	Citrus	Thyme	Garlic	Thyme
Thyme	Paprika	White Wine	White Wine	Mint
Cumin	Dill	Apple Cider	Thyme	Onion Powder
Rosemary	Basil	Rosemary	Soy Sauce	
Red Wine	Olive Oil		Lemon Pepper	
			Olive Oil	

Wine and Beer Pairing

Try these varieties with your favorite meats and fish.

NEW YORK OR RIBEYE STEAKS

Wine	Beer
Cabernet Sauvignon	IPA
Malbec	Brown Ale
Shiraz	Stout



SALMON

Wine	Beer
Sauvignon Blanc	Pilsner
Pinot Grigio	Lager
Riesling	IPA

PORK

Wine	Beer
Chardonnay	Brown Ale
Pinot Noir	IPA
	Stout

WHITE FISHES

Wine	Beer
Sauvignon Blanc	Light Ale
Chardonnay	Pilsner
	Hefeweissen

CHICKEN

Wine	Beer
Sauvignon Blanc	Pilsner
Merlot	Lager
Pinot Noir	Light Ale



BREAKFAST RECIPES



Cinnamon French Toast

Fluffy and decadent, this breakfast bread is delicious topped with powdered sugar and maple syrup.

For a special treat, add fresh fruit on top.

Servings: 4

Prep time: 5 minutes

Cook time: 1 hour

Ingredients

4 slices French bread

2 eggs

1/2 cup heavy cream

1 teaspoon vanilla extract

1 teaspoon cinnamon

2 tablespoons butter

Powdered sugar, for serving

Maple syrup, for serving

Fresh fruit of your choice, sliced or chopped (optional)

Directions

1. Preheat sous vide bath to 147°F.
2. Whisk together eggs, cream, vanilla, and cinnamon in a bowl.
3. Dredge bread slices in the cream mixture.
4. Add bread to a vacuum bag and seal.
5. Cook for 1 hour.
6. Add butter to a large frying pan and heat to medium-high.
7. Remove French toast from sous vide and brown on both sides for 2 minutes.
8. Sprinkle with powdered sugar, add syrup and fresh fruit on top.

Nutritional Info: Calories: 221, Sodium: 245 mg, Dietary Fiber: 1.1g, Fat: 10.6g, Carbs: 24.6g,

Protein: 6.9g

Asparagus and Feta Flan

Bright, earthy asparagus meets tangy feta cheese for a flavor explosion that will turn ordinary breakfast into something out of this world.

Servings: 4

Prep time: 15 minutes

Cook time: 45 minutes

Ingredients

*1 tablespoon olive oil
1 tablespoon butter
1 medium onion, peeled and diced
1/2 teaspoon melted butter (for ramekins)
4 eggs
1/2 cup heavy cream
1 teaspoon chives, chopped
4 asparagus tips, cut in half lengthwise
1/4 cup feta cheese, crumbled
Sea salt and pepper, to taste*

Directions

1. Place a baking rack in your sous vide machine and fill with water.
2. Grease each ramekin with the melted butter.
3. Preheat sous vide water bath to 185°F.
4. Heat the olive oil and butter in a medium sized saucepan.
5. Add the diced onions and sauté until soft and golden about 10 minutes; set aside to cool.
6. Add the eggs and cream to a bowl, add a pinch of salt and pepper, and the chopped chives and whisk until well combined.
7. Divide the onions among the ramekins and pour the egg mixture on top of the onions.

8. Top each with the sliced asparagus tips and feta.
9. Carefully place the ramekins into the water oven on the raised baking rack; do not get any water into the ramekins.
10. Cover the ramekins with squares of tented foil to prevent condensation from dripping into them.
11. Cook for 45 minutes.
12. Remove and allow to cool for 5 minutes and serve!

*Nutritional Info: Calories: 168, Sodium: 293 mg, Dietary Fiber: 0.7g, Fat: 14.2g, Carbs: 3.3g,
Protein: 7.7g*

Poached Eggs In Hashbrown Nests

These perfectly poached eggs are wrapped in tasty hashbrowns for one savory breakfast treat!

Servings: 6

Prep time: 10 minutes

Cook time: 1 hour

Ingredients

12 large eggs, at room temperature

Butter, for greasing muffin pan

6 cups shredded hashbrowns, fresh or frozen (fully thawed)

3 tablespoons extra-virgin olive oil

1 teaspoon sea salt

1 teaspoon black pepper

Directions

1. Preheat sous vide water bath to 145°F.
2. Gently lower eggs into the water bath and cook for 1 hour.
3. Preheat an oven to 375°F.
4. Generously coat 12 cup muffin pan with butter.
5. Squeeze potatoes in a cheese cloth or paper towel very well, over the sink, to remove as much liquid as possible.
6. Transfer to a large bowl and stir in oil, salt, and pepper to combine.
7. Divide the mixture among the muffin cups; filling no more than 1/3 full.
8. Press hashbrowns into the bottom and up the sides of each cup to form a “nest.”
9. Bake the hashbrown nests in the oven until golden brown on the bottom and edges, about 30 minutes.

10. Let the nests cool in the pan for 5 minutes.
11. Remove nests to plate, crack two sous vide cooked eggs into each nest, sprinkle with more salt and pepper to serve!

*Nutritional Info: Calories: 617, Sodium: 986 mg, Dietary Fiber: 5.1g, Fat: 36.5g, Carbs: 55.8g,
Protein: 17.3g*

Bacon Gruyere Quiche Cups

These individual quiches are perfect for breakfast, entertaining or a fun snack any time. All you need is 6 mini mason jars and you're ready to go.

Servings: 6

Prep Time: 30 minutes

Cook Time: 1 hour 30 minutes

Ingredients:

*6 oz. bacon
3 tablespoons butter
2 large shallots
1 bay leaf
10 eggs
1-1/3 cups half and half
1 cup gruyere cheese
2 teaspoons salt
1/2 teaspoon pepper freshly ground
1/2 teaspoon nutmeg ground
1/4 teaspoon cayenne pepper ground*

Directions:

1. Shred the gruyere, thinly slice the shallots, and slice the bacon into 1/2-inch pieces.
2. Put the butter, bacon, shallots, thyme, and bay leaf in a skillet and heat on medium heat.
3. Cook until the butter melts, around 5 minutes, stirring occasionally. Lower the heat to low and cook for around 20 more minutes, until the bacon is fully cooked. Stir occasionally throughout the 20 minutes. Allow the mixture to cool for 30 minutes.
4. Preheat your sous vide bath to 170°F. Use a blender to puree the eggs on medium speed, until the eggs foam. Add the cayenne,

nutmeg, half and half, and pepper. Blend again until smooth.

5. Divide the bacon mixture between 6 mini mason jars. Add the eggs and top with cheese. Seal the jars and run the jars under hot water.
6. Place the jars in your preheated container and set your timer for 1 hour and 30 minutes.
7. Place a towel on the counter before taking the jars out of the container.
8. Place the cooked jars on the towel and allow them to cool for a few minutes before serving.

*Nutritional Info: Calories: 458, Sodium: 165 mg, Dietary Fiber: 0.1 g, Fat: 37 g, Carbs: 4.2 g, Protein
26.9 g*

Feta and Roasted Red Pepper Egg Bites

These are just like the egg bites at Starbucks but made for a fraction of the price. You need 6 mini mason jars to make this dish.

Servings: 6

Prep Time: 10 minutes

Cook Time: 1 hour

Ingredients:

*6 large eggs
Melted butter
1 tablespoon sour cream
1/2 cup crumbled feta cheese
1/2 teaspoon kosher salt
1/8 teaspoon ground black pepper
1/8 teaspoon dried crushed red pepper
1/4 cup roasted red peppers
2 tablespoons fresh basil*

Directions:

1. Preheat your sous vide bath to 172°F. Finely chop the basil and roasted red peppers.
2. Place the eggs, crushed red pepper, salt, sour cream, feta, and pepper in a food processor or blender. Puree the ingredients on medium speed until smooth. Add the red peppers and basil then pulse quickly to mix everything.
3. Lightly coat the inside of the jars with melted butter. Put an equal amount of the egg mixture in each jar.
4. Place the jars in your preheated container and set your timer for 1 hour.
5. When the eggs are cooked, slide a butter knife around the inside of the jar to loosen the egg bites. Set the jars upside down so the

egg bites can slide out of the jar.

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Nutritional Info: Calories: 111, Sodium: 423 mg, Dietary Fiber: 0.1 g, Fat: 8.1 g, Carbs: 1.5 g, Protein

1.2 g

Hearty Overnight Oatmeal

Overnight oats are hearty and delicious when whipped up in your sous vide, and you'll have one healthy meal with minimal effort when you cook these for breakfast while you sleep.

Servings: 2

Prep time: 10 minutes

Cook time: 10 hours

Ingredients

*2/3 cup rolled oats
2/3 cup milk (Cow or nut or soy milk)
1 cup water
2 teaspoons raisins, divided
2 teaspoons raw unsalted sunflower seeds, divided
1 teaspoon ground cinnamon
2 teaspoons honey, divided
2 (8 ounce) mason jars*

Directions

1. Preheat sous vide water bath to 140°F.
2. Divide the oats and milk between the two jars and top up each with a half cup of water. Add 1/2 teaspoon cinnamon to each jar and stir.
3. Add 1 teaspoon raisins, sunflower seeds, and honey to each and firmly screw the lids on.
4. Submerge the jars in the water bath and cook overnight for about 10 hours.
5. Open and eat straight from the jar!

Nutritional Info: Calories: 180, Sodium: 44 mg, Dietary Fiber: 3g, Fat: 4g, Carbs: 30.8g, Protein: 6.6g

BEEF & LAMB RECIPES



Juicy French Dip Sandwiches

French dip sandwiches are the perfect lunchtime meal to whip up in your sous vide!

Servings: 6 - 8

Prep time: 5 minutes

Cook time: 30 hours

Ingredients

3 lbs. beef top round roast
1 teaspoon salt, plus more to taste
1/4 teaspoon black pepper, plus more to taste
1 tablespoon grapeseed or canola oil
1/2 cup red wine, like Bordeaux
2 cups beef broth
1 bay leaf

For sandwiches:

1 large yellow onion, thinly sliced
6 to 8 French rolls or hoagie buns
Sliced provolone or swiss cheese, optional

Directions

1. Bring a large frying pan to medium-high heat with oil.
2. Season meat liberally with salt and pepper.
3. Sear for 3 minutes on each side.
4. Preheat sous vide bath to 131°F.
5. Add roast to a vacuum bag with red wine, beef broth, and bay leaf, and cook for 30 hours.
6. Strain juice from bag to serve with the sandwiches.
7. Trim the beef in thin slices.
8. Assemble the sandwiches: meat slices, top with cheese and onion, then top bun. Serve with a ramekin of au jus and enjoy!

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Nutritional Info: Calories: 161, Sodium: 830 mg, Dietary Fiber: 1.4g, Fat: 5g, Carbs: 17.1g, Protein:
9.2g

Succulent Steak & Buttery Potatoes

A beautifully basic meal, this recipe helps you add some succulent flavor to your favorite meat and potatoes.

Servings: 2

Prep time: 10 minutes

Cook time: 1 hour 45 minutes

Ingredients

2 (12 ounce) strip steaks
6 garlic cloves
6 sprigs of thyme
1 lb. baby potatoes
1/2 cup sweet onion, thin sliced
1 ounce of unsalted butter
Kosher salt, to taste
Cracked pepper, to taste

Directions

1. Preheat your sous vide bath to 133°F
2. Season 2 strip steaks on both sides with salt and pepper and transfer to a vacuum bag along with garlic and thyme.
3. Seal airtight and set aside.
4. Add the potatoes, onions, butter, and salt and pepper to a separate vacuum bag and seal airtight.
5. Cook potatoes for 45 minutes.
6. Add the steak and cook both for 1 additional hour.
7. Brown steak in a frying pan on both sides for 1 minute.
8. Slice the steak and serve alongside the buttered potatoes.

Nutritional Info: Calories: 2164, Sodium: 859 mg, Dietary Fiber: 7.6g, Fat: 75.7g, Carbs: 35.8g,

Protein: 316.9g

Terrifically Tasty Pastrami

Delicate pastrami is the perfect way to master sous vide and make some yummy sandwiches on challah bread topped with Dijon mustard.

Servings: 10

Prep time: 24 hours

Cook time: 48 hours

Ingredients

8 lb. beef brisket

For the brine:

2 quarts water

1 cup kosher salt

1 tablespoon caraway seeds

1 tablespoon dill seeds

1 teaspoon coriander seeds

2 tablespoons black pepper

1 tablespoon allspice berries

1/2 teaspoon clove

1 teaspoon liquid smoke

4 bay leaves

2 teaspoons cracked black pepper

For the rub:

Cracked black pepper

Directions

1. Bring two quarts of water to a boil.
2. Mix in all of the brining ingredients until the sugar and salt are completely dissolved in the water.
3. Remove from heat and add 3 cups of ice to cool the brine.
4. Place the brisket in a 2-gallon zip lock bag, add the brine, seal and place in the refrigerator for 24 hours; flip the meat 12 hours in to ensure total brining.

5. Remove the brisket from the bag and wash it thoroughly under cold water. Remove as much of the brine as possible.
6. Preheat a sous vide bath to 140°F.
7. Liberally coat the brisket with cracked pepper, and place in a vacuum bag.
8. Seal and cook for 48 hours.
9. Remove the brisket from the sous vide bath and allow it to cool while in the bag.
10. Remove from bag when brisket is slightly warm to the touch.
11. Trim, slice, and serve any way you like!

*Nutritional Info: Calories: 684, Sodium: 11564 mg, Dietary Fiber: 1g, Fat: 22.9g, Carbs: 2.2g,
Protein: 110.5g*

Luxurious Eye Of Round Roast

Whip up a full Sunday roast with this luxurious and easy sous vide eye of round!

Servings: 6

Prep time: 15 minutes

Cook time: 30 hours

Ingredients

3 lb. beef eye of round roast
Olive oil
1-1/2 tablespoons black pepper
1-1/2 tablespoons sea salt
2 tablespoons Herbs de Provence
3 cloves garlic, minced

Directions

1. Bring a large frying pan to medium-high heat with olive oil.
2. Season meat liberally with herbs, salt and pepper.
3. Sear for 3 minutes on each side.
4. Preheat sous vide bath to 131°F.
5. Add pot roast to a vacuum bag with minced garlic and cook for 30 hours.
6. Trim, slice, and serve any way you like!

*Nutritional Info: Calories: 272, Sodium: 1496 mg, Dietary Fiber: 0.5g, Fat: 9.6g, Carbs: 1.5g,
Protein: 42.8g*

Kung Pao Short Ribs

Spicy stick to your ribs recipes are also a great way to put your sous vide to good use! This take on short ribs will pack a delicious flavour punch.

Servings: 2 - 4

Prep time: 10 minutes

Cook time: 4 hours 10 minutes

Ingredients

4 (8 ounce) boneless beef short ribs

1/2 teaspoon salt

1/2 teaspoon black pepper

For the Korean BBQ Sauce:

1-1/2 cups brown sugar

1-1/2 cups soy sauce

1/2 cup mirin

1/2 cup water

2 tablespoons rice wine vinegar

3 tablespoons chili paste

1 tablespoon sesame oil

1 teaspoon ground black pepper

1 tablespoon fresh ginger, grated

6 garlic cloves, crushed

1 green onion, finely chopped

2 tablespoons cornstarch

2 tablespoons water

Directions

1. Preheat a sous vide bath to 130°F.
2. Combine the BBQ sauce ingredients, in a large saucepan, and bring to a boil on high heat; cook for 7 minutes.
3. Combine the cornstarch and water in a small mixing bowl until well-combined.

4. Fold the cornstarch mixture into the boiling sauce.
5. Whisk to combine well, reduce heat to medium and cook 3 minutes.
6. Turn the heat off and set aside the sauce.
7. Salt and pepper the short ribs evenly.
8. Add the short ribs and 1/3 cup of the BBQ sauce to a large vacuum bag and seal.
9. Submerge in the water bath and cook for 4 hours.
10. Preheat a greased grill or grill pan to high heat.
11. Remove the short ribs from the bath.
12. Brush again, all over, with barbecue sauce.
13. Sear ribs for 30 seconds per side to create sticky, delicious glazed ribs!

*Nutritional Info: Calories: 831, Sodium: 6243 mg, Dietary Fiber: 1.2g, Fat: 19.6g, Carbs: 85.7g,
Protein: 76.2g*

Mouth-Watering Delicate Steak Sashimi with Ponzu Dressing

Melt in your mouth sashimi steak is dressed to impress your taste buds with this delicious recipe for ponzu - perfect for date night or a dinner party!

Servings: 2

Prep time: 10 minutes

Cook time: 1 hour 10 minutes

Ingredients

2 (1 inch thick) wagyu beef fillets

4 tablespoons grapeseed or canola oil

Sea salt, to taste

For the ponzu dressing:

1 tablespoon yuzu juice

1 tablespoon rice vinegar

1 tablespoon Japanese sake

1 teaspoon soy sauce

Directions

1. Preheat sous vide water bath to 130°F for medium-rare.
2. Coat steak evenly on both sides with sea salt.
3. Add steak to a vacuum bag, seal, and cook for 1 hour 10 minutes.
4. Combine all the ingredients for the ponzu dressing in a small bowl. Mix well and set aside.
5. Add oil to a large frying pan on medium-high heat. Sear steak on both sides.
6. Transfer steak to a cutting board and slice into thin sashimi strips.
7. Serve hot with ponzu dipping sauce!

*Nutritional Info: Calories: 406, Sodium: 812 mg, Dietary Fiber: 14.6g, Fat: 30.2g, Carbs: 17.5g,
Protein: 12.2g*

Delicate Boeuf Bourguignon

This delicious French dish is usually stewed, but stewing vegetables and meat together can leave the meat overcooked. Cooking the meat in your sous vide ensures it's juicy and tender.

Servings: 3

Prep Time: 25 Minutes

Cook Time: 24 Hours 40 Minutes

Ingredients:

*1 lb. stewing meat
Salt and pepper, to taste
2 sprigs fresh thyme
1 tablespoon olive oil
1 medium sized onion, finely chopped
2 garlic cloves, finely chopped
3 slices smoky bacon, cubed
1 cup button mushrooms, cut into quarters
1 tablespoon butter
1 heaped tablespoon all-purpose flour
3/4 cups red wine
1-1/3 cups beef stock
1/4 teaspoon salt
Freshly ground pepper*

Directions:

1. Preheat your sous vide bath to 140 °F .
2. While the sous vide machine is preheating, cut the meat into cubes and remove the stems from the thyme leaves. Salt and pepper the meat to taste and season with the thyme. Seal the meat in your sous vide bag.
3. Place the bag in your preheated container and set your timer for 24 hours. Once cooked, open the pouch; save the juices and thyme from the pouch to use later.

4. Sear the meat in a skillet on high heat with olive oil. Once seared, remove the meat. Add the onions to the skillet and cook for around 8 minutes, they should be golden and soft. Place the garlic and cook both for 2 minutes. Once cooked remove both from the skillet.
5. Place the bacon in the skillet and cook for around 8 minutes. About halfway through the cooking add in the mushrooms. Once cooked, remove both from the skillet.
6. Clean the skillet with a dry paper towel and then place it back on medium heat. Put in the butter and allow it to melt. Then, add in the flour and cook for around 5 minutes until the mixture is golden brown.
7. Add the wine to the mixture and raise the heat to medium high. Stir frequently for a few minutes until the alcohol cooks off.
8. Put in the beef stock, juices, and thyme leaves and allow the mixture to cook for 10 more minutes. The mixture will turn into a glossy and smooth sauce.
9. Add in all the ingredients that you previously cooked in the skillet including the meat. Allow everything to cook for 8 minutes on medium heat. Add salt and pepper to taste.
10. Remove the mixture from the skillet and serve. It goes great with mashed potatoes.

Nutritional Info: Calories: 431, Sodium: 734 mg, Dietary Fiber: 2.2 g, Fat: 21.1 g, Carbs: 11.7 g, Protein: 36 g.

Flavorful Rib-Eye Steak

The rib-eye is a tender cut of boneless meat with lovely fat marbling. This recipe adds aromatic herbs to compliment the delicious flavor of the meat.

Servings: 3

Prep Time: 10 Minutes

Cook Time: 1 Hour

Ingredients:

*1 (16 - 18-ounce) boneless rib eye steak
Kosher salt and freshly ground black pepper, to taste
2 thyme sprigs
1 garlic clove
1 (4-inch) rosemary sprig
1 (3-inch) piece lemon zest
2 tablespoons olive oil
1 tablespoon unsalted butter
Flaky sea salt, for garnish*

Directions:

1. Preheat your sous vide bath to 125 °F .
2. Season the meat with garlic, salt and pepper to taste.
3. Place the steak in your sous vide bag with the garlic, lemon zest, and herbs. Seal the bag and place it in your preheated container. Set the timer for 1 hour.
4. When the steak is cooked open the bag and pat the steak dry with a paper towel.
5. Heat a cast iron skillet over high heat and add the vegetable oil. Sear the steak for 1 to 2 minutes per side. Then quickly add in the butter and baste the steak with it for about 15 seconds.
6. Remove the steak from the skillet and let it rest for about 5 minutes before slicing it.

7. Serve with garnish of flaked sea salt.

*Nutritional Info: Calories: 469, Sodium: 187 mg, Dietary Fiber: 1.4 g, Fat: 30.2 g, Carbs: 3.6 g,
Protein: 43.6 g.*

Melt-In-Your-Mouth Brisket

This brisket will almost melt in your mouth, it's so tender, because it cooks low and slow allowing the connective tissue to completely break down. This succulent brisket makes the perfect centerpiece for a dinner party.

Servings: 8

Prep Time: 15 Minutes

Cook Time: 72 Hours

Ingredients:

*4 lbs. beef brisket
1 tablespoon liquid smoke
1 tablespoon Worcestershire sauce
3 teaspoons smoked paprika
1-1/2 teaspoons garlic powder
1 teaspoon onion powder
1/2 teaspoon mustard powder
2 teaspoons salt
1 teaspoon pepper*

Directions:

1. Preheat your sous vide bath to 145 °F .
2. Mix together the liquid smoke and Worcestershire sauce in a bowl. Then, rub all over the brisket.
3. Combine the spices in a bowl with the salt and pepper. Rub the mixture on every part of the brisket.
4. Place the brisket in the sous vide bag and put in your preheated container. Set your timer for 72 hours.
5. When the brisket is cooked, put on a grill that's set to medium high heat for 8-10 minutes. Turn the brisket often during grilling.
6. Serve the brisket with your favorite BBQ sauce.

*Nutritional Info: Calories: 430, Sodium: 752 mg, Dietary Fiber: 0.5 g, Fat: 14.3 g, Carbs: 1.7 g,
Protein: 69.1 g.*

Corned Beef and Cabbage

This is the best corned beef you've ever had because it's so juicy and packed with flavor. The white wine and vinegar add a lovely depth to the cabbage while the long cooking time allows the beef to perfectly tenderize.

Servings: 8

Prep Time: 20 Minutes

Cook Time: 48 Hours

Ingredients:

*4 lbs. brisket
2 tablespoons pickling spices
1 cup dark beer
1 cup beef stock
1 head of cabbage
1/4 cup white wine vinegar
6 strips of bacon
1 cup chicken stock*

Directions:

1. Preheat your sous vide bath to 135 °F . Rub the brisket with pickling spice.
2. Place the corned beef in the sous vide bag with the beer and stock and put it in your preheated container and cook for 48 hours.
3. Slice the cabbage into 1/2-inch wide pieces and cut the bacon into 1/4-inch pieces.
4. Remove the brisket from the bag and replace with chopped cabbage. Mix with the cooking liquid and seal the bag. Submerge in the water bath for 30 minutes.
5. Place the bacon in a medium to large pan and cook it over medium heat until the fat is rendered.
6. The bacon should be nice and crispy. Remove all the bacon fat

except for 1/4 tablespoon.

7. Remove the cabbage from the water bath and add to the pan, cooking for around 5 minutes.
8. Add in the vinegar and chicken stock and allow it to cook until the cabbage is tender.
9. When the corned beef is done allow it to rest for about 5 minutes. Then cut it into equal portions. Serve the corned beef topped with cabbage.

Nutritional Info: Calories: 470, Sodium: 785 mg, Dietary Fiber: 2.2 g, Fat: 21.2 g, Carbs: 6.4 g, Protein: 60 g.

Beef Tenderloin with Garlic and Port Wine

The tenderloin is an extremely lean and tender cut of meat. Cooking it with your sous vide machine ensures perfectly even results every time. The port and garlic gives the meat an extraordinary depth of flavor.

Servings: 6

Prep Time: 50 Minutes

Cook Time: 2 Hours 30 Minutes

Ingredients:

*2 lbs. center-cut beef tenderloin
1 teaspoon salt
Freshly ground black pepper
2 tablespoons vegetable oil divided
2 tablespoons butter
1/2 cup tawny port wine
4 to 5 medium cloves garlic
5 to 6 sprigs fresh thyme, plus extra to serve*

Directions:

1. Preheat your sous vide machine to 130 °F .
2. Cut the silver skin from the roast and tie it up with butcher's twine so it's uniform. Place the tenderloin in a sous vide bag, seal and submerge in the water for 2 hours and 30 minutes.
3. Remove the tenderloin from the bag and salt and pepper the meat generously on all sides. Heat a skillet with 1 tablespoon of oil over high heat. Sear all sides of the roast, about 1 to 2 minutes per side. Remove from skillet, and place on cutting board to rest.
4. Add the garlic and oil to the skillet and allow it to cook until the garlic becomes fragrant, about 60 seconds. Add the wine and deglaze using a spatula to scrape any brown chunks off of the

skillet. Allow the wine to come to a simmer before taking the skillet off the heat.

5. Slice the tenderloin and serve with the pan jus.
6. Serve with your favorite side dish.

*Nutritional Info: Calories: 314, Sodium: 474 mg, Dietary Fiber: 1 g, Fat: 19.7 g, Carbs: 3.7 g,
Protein: 28.2 g.*

Classic Italian Meatballs

These meatballs make a great appetizer, over pasta or as the perfect filling for a meatball sandwich.

Serve them plain or with the sauce of your choice.

Servings: 9

Prep Time: 2 Hours 20 Minutes

Cook Time: 2 Hour

Ingredients:

*1 lb. ground beef (at least 85% lean)
1/2 lb. ground pork (or bulk ground sausage)
1 large egg
1/2 cup onion
1/2 cup parmesan cheese
1/3 cup bread crumbs
1/4 cup milk
3/4 teaspoon salt
1 teaspoon chopped fresh garlic
1 teaspoon fresh or dried chopped rosemary
1/4 teaspoon black pepper*

Directions:

1. Lightly beat the egg and finely chop the onion. Combine all ingredients until well mixed.
2. On a baking sheet, arrange the meatballs and place in the freezer for 1-2 hours.
3. Preheat your sous vide bath to 144 °F .
4. Place your meatballs into the sous vide bag and then the preheated container. Set your timer for 2 hours. Remove from bag.
5. Heat a skillet with some oil. Sear the meatballs for 1-2 minutes, flipping them halfway through.
6. Serve with your favorite sauce, or in a sandwich.

*Nutritional Info: Calories: 161, Sodium: 267 mg, Dietary Fiber: 0.5 g, Fat: 5.3 g, Carbs: 3.2 g,
Protein: 23.8 g.*

Filet Mignon with Blue Cheese Sauce

Filet mignon is the most tender of all steaks. It doesn't have as much flavor as some of the fattier cuts of meat, so the blue cheese sauce will provide added zing.

Servings: 4

Prep Time: 15 Minutes

Cook Time: 1 Hour

Ingredients:

4 portions of filet mignon, 1 inch thick, around 1-1/2 lbs.

Salt and pepper

2 tablespoons Worcestershire sauce

1/2 cup blue cheese, crumbled

1/4 cup heavy cream

2 tablespoons lemon juice

3 tablespoons olive oil

Lemon zest, for garnish

Directions:

1. Preheat your sous vide bath to 125 °F .
2. Season the steak with salt and pepper. Place the steaks in the sous vide bag and add in the Worcestershire sauce.
3. Seal, then place the bag in your preheated container and set the timer for 1 hour. Remove from heat and let rest 5 minutes.
4. While steak is resting, heat cream in a small pan. Do not boil. Remove cream from heat once it reaches a simmer.
5. Combine the blue cheese, warm cream, lemon juice, and olive oil using a whisk, or a blender. Salt and pepper to taste.
6. Top steak with blue cheese sauce.
7. Serve with a garnish of lemon zest on top.

Nutritional Info: Calories: 440, Sodium: 228 mg, Dietary Fiber: 0.1 g, Fat: 25.1 g, Carbs: 1.1 g,

Protein: 50.1 g.

Sweet and Tangy Miso-Glazed Beef Steaks

Miso glaze adds a sweet accent to your beef steak for a flavor packed meal best served with brown rice and your favorite vegetables.

Servings: 4

Prep time: 8 hours

Cook time: 8 hours

Ingredients

2 (8 ounce) sirloin steaks

1/4 cup miso paste

1/4 cup brown sugar, packed

1/4 cup soy sauce

1/4 cup rice wine vinegar

Directions

1. Combine the miso, sugar, soy sauce, and rice wine in a food processor until smooth.
2. Marinate the steaks overnight in miso mixture.
3. Preheat a sous vide water bath to 150°F.
4. Add steaks in a single layer to a vacuum bag, seal and cook for 8 hours.
5. Heat a frying pan to medium-high heat.
6. Remove steaks from sous vide bath.
7. Sear the steaks in a frying pan for 1 minute on each side and serve.

Nutritional Info: Calories: 298, Sodium: 1617 mg, Dietary Fiber: 1.1g, Fat: 8.1g, Carbs: 14.7g, Protein: 37.4g

Decadent Lamb Steak with Red Wine Sauce

Sous vide your lamb for an even more decadent, rich meal topped with red wine sauce and best served with roasted butternut squash and peas topped with pancetta.

Servings: 1 - 2

Prep time: 10 minutes

Cook time: 1 hour

Ingredients

*1 lamb steak
1 tablespoon of butter
1 shallot, diced
2 cloves of garlic, minced
1 sprig of rosemary, removed from the stem and chopped
1/2 cup full-bodied red wine, like Merlot or Sangiovese
Salt and pepper, to taste*

Directions

1. Preheat sous vide water bath to 135°F.
2. Season the lamb with salt and pepper and set aside.
3. Melt the first tablespoon of butter over medium-low heat in a frying pan.
4. Add the shallot, garlic, and rosemary, and cook until the shallots are soft and slightly caramelized, about 5 minutes.
5. Scrape everything into a large vacuum bag and set aside.
6. Turn pan to high heat and sear the steak for 2 minutes on each side until it has a light crust.
7. Use tongs to hold steak and sear the edges for 2 minutes each.
8. Transfer the steak to the vacuum bag.

9. Add the wine to the hot pan, scraping up the browned fat with a spatula, and let the wine reduce by half.
10. Add wine to vacuum bag and seal.
11. Place bag in the sous vide container and cook for 1 hour.
12. Remove the steak from the bag.
13. Here, you can sear again or serve immediately with your favorite sous vide vegetables and sides!

Nutritional Info: Calories: 418, Sodium: 170 mg, Dietary Fiber: 0.8g, Fat: 18g, Carbs: 4.5g, Protein:
46.4g

Lamb Chops with Basil Chimichurri

Decadent lamb chops topped with bright, fresh chimichurri is best served alongside roasted courgettes and leeks for one amazing meal any night of the week.

Servings: 4

Prep time: 10 minutes

Cook time: 2 hours

Ingredients

2 rack of lamb, frenched

2 cloves garlic, crushed

Sea salt

Black pepper

1 teaspoon olive oil, for searing

For the Basil Chimichurri:

1 cup fresh basil, finely chopped

1 shallot, chopped

1 clove of garlic, minced

1 teaspoon red chili flakes

1/3 cup olive oil

3 tablespoons red wine vinegar

1/4 teaspoon sea salt

1/4 teaspoon black pepper

Directions

1. Preheat sous vide water bath to 133°F.
2. Season lamb liberally with sea salt and pepper.
3. Add lamb, shallot, and garlic to vacuum bag, seal, and cook for 2 hours.
4. Combine the basil chimichurri ingredients in a large mixing bowl and stir until well-incorporated.
5. Cover until lamb is ready to plate.
6. Preheat a frying pan on medium high heat with olive oil.

7. Remove lamb chops, dry with a paper towel and sear for 2 minutes on each side.
8. Slice in between the bones, liberally top with basil chimichurri sauce, and enjoy.

Nutritional Info: Calories: 258, Sodium: 422 mg, Dietary Fiber: 0.2g, Fat: 23g, Carbs: 1.5g, Protein:
11.9g

SEAFOOD RECIPES



Tangy Coconut Shrimp

Sweet meets salty in this gorgeous recipe that you can use as a main dish with sides or serve with a sweet chili sauce as an appetizer or party food.

Servings: 4 - 8

Prep time: 5 minutes

Cook time: 15 minutes

Ingredients

1 lb. large shrimp

1 lime, juiced

1 can coconut milk

1 teaspoon Thai curry paste

1/2 teaspoon fresh ginger

Directions

1. Preheat your water bath to 131°F.
2. Add ingredients to a resealable plastic bag and toss shrimp to coat, seal, and place in the water bath.
3. Cook 15 minutes.
4. Remove the shrimp to a bowl and serve warm.

Nutritional Info: Calories: 162, Sodium: 169 mg, Dietary Fiber: 1.4g, Fat: 9.1g, Carbs: 9.8g, Protein: 12.3g

Salmon with Herb Butter

Whip up an amazingly tender and tasty fish dinner in a jiffy when you cook your salmon sous vide layered with luxurious herb butter.

Servings: 2

Prep time: 10 minutes

Cook time: 35 minutes

Ingredients

2 large salmon fillets

For the butter:

1/2 cup unsalted butter

1 teaspoon Herbes de Provence

Pinch of sea salt

Directions

1. Preheat a sous vide water bath to 125°F.
2. Place salmon in vacuum bags and seal airtight.
3. Cook 30 minutes.
4. Add the sauce ingredients to a small saucepan and heat on medium for five minutes; reduce to a low keep warm until salmon is done.
5. Remove salmon, plate, top with butter sauce, and serve!

Nutritional Info: Calories: 642, Sodium: 522 mg, Dietary Fiber: 0g, Fat: 57g, Carbs: 0g, Protein: 35g

Light and Lemony Octopus

Light and airy, octopus is a delicious way to serve up something special with your sous vide.

Servings: 4

Prep time: 5 minutes

Cook time: 4 hours

Ingredients

1 lb. octopus tentacles, cleaned and brined with salt

1/4 teaspoon ground black pepper

1 pinch sea salt, plus more for seasoning

1/2 teaspoon lemon juice

1/4 teaspoon lemon zest

Premium olive oil, for garnish

Lemon wedges, for garnish

Directions

1. Preheat the sous vide bath to 180°F.
2. Add the ingredients, except olive oil, to a vacuum bag, seal and place in bath.
3. Cook for around 4 hours.
4. Remove the octopus and brush the tentacles with olive oil and lightly salt.
5. Prepare a skillet on high heat and sauté the octopus for 5 minutes, or until the edges are crispy.
6. Serve with lemon wedges to garnish.

Nutritional Info: Calories: 459, Sodium: 1077 mg, Dietary Fiber: 2g, Fat: 19.5g, Carbs: 34.1g,

Protein: 32g

Mediterranean Tilapia with Tomato, Olives and Oregano

A Mediterranean inspired dish, Tilapia is perfectly seasoned with oregano, olives and tomatoes for a flavour combination fit for Poseidon.

Servings: 2

Prep time: 10 minutes

Cook time: 35 minutes

Ingredients

*1 lb. skinless tilapia fillets
2 tablespoons tomato paste
1 lemon, juiced
1 tablespoon extra-virgin olive oil, plus 1 teaspoon
1 clove garlic, minced
1 teaspoon dried oregano
1/4 teaspoon celery seed*

For the topping:

*2 tablespoons parmesan cheese
1 teaspoon olive oil
Sliced lemon, for serving
8 black olives, pitted and roughly chopped, for serving
Chopped fresh parsley, for serving*

Directions

1. Preheat a sous vide water bath to 134°F.
2. Rinse and pat the fish dry with paper towels, and place in a large vacuum seal bag.
3. Mix lemon juice, tomato paste, 1 tablespoon olive oil, garlic, oregano, celery seed, and pinch of salt and black pepper in mixing bowl.
4. Add fish and toss to coat.

5. Add to vacuum bag, seal and cook for 30 minutes.
6. Preheat broiler to high when fish is 5 minutes from done.
7. Remove fish, place on greased baking sheet, top evenly with parmesan cheese and drizzle with remaining 1 tablespoon olive oil.
8. Broil fish for two minutes or until golden brown.
9. Transfer to plates and top with lemon slices, olives, and parsley to serve.

Nutritional Info: Calories: 949, Sodium: 996 mg, Dietary Fiber: 2.6g, Fat: 34g, Carbs: 9.2g, Protein: 160.5g

Creamy Lobster Pasta

Lobster pasta is a decadent way to use your sous vide and really treat your family to a mouth-watering dinner.

Servings: 2 - 4

Prep time: 10 minutes

Cook time: 1 hour

Ingredients

4 fresh or frozen lobster tails, thawed and removed from shells

8 tablespoons unsalted butter

1 teaspoon garlic, minced and divided

2 sprigs parsley, chopped

1/4 teaspoon sea salt

3 tablespoons olive oil, divided

1 package pappardelle pasta

For the sauce:

4 cups heavy cream

1/3 cup sweet onion, chopped fine

1/4 cup tomato paste

2 plum tomatoes, chopped

1/2 cup dry white wine

2 tablespoons white wine vinegar

1/4 teaspoon white pepper

1 teaspoon garlic powder

1 teaspoon fresh garlic, minced and divided

4 large basil leaves, finely chopped for garnish

Directions

1. Preheat the water bath to 131°F.
2. Season the lobster with sea salt.
3. Place the lobster, butter, garlic, 1 teaspoon olive oil, and parsley into a vacuum bag, seal and place in bath.

4. Cook for 1 hour.
5. Heat remaining oil in a large saucepan over medium heat.
6. Add onion and sauté 5 minutes.
7. Add remaining garlic and sauté 3 minutes.
8. Fold in tomatoes, wine, vinegar, garlic powder, and pepper; simmer for 5 minutes.
9. Fold in the cream and bring to a boil and reduce to medium-low.
10. Season with a pinch of sea salt and stir occasionally until sauce thickens, about 20 minutes.
11. Cook and drain the pasta per directions on the box.
12. Remove the lobster from the water bath and empty the vacuum sealer bag, saving only the lobster.
13. Cut the tails into 1 inch pieces and add to the sauce.
14. Plate the pasta, top with lobster and sauce, and a pinch of basil leaves.

*Nutritional Info: Calories: 951, Sodium: 766 mg, Dietary Fiber: 2.8g, Fat: 79.4g, Carbs: 33.9g,
Protein: 24.3g*

Poached Tuna with Basil Butter

Sous viding the tuna in oil creates an amazingly soft texture. The basil butter gives the tuna a deliciously fresh and aromatic flavor.

Servings: 2

Prep Time: 15 Minutes

Cook Time: 26 Minutes

Ingredients:

*1 stick (1/2 cup) softened unsalted butter
1/3 cup fresh basil
2 cloves garlic
Zest of 1 lemon
Sea salt and freshly ground black pepper
2 (7-ounce) fresh tuna steaks, 1-inch thick
1 - 1-1/2 cups extra-virgin olive oil
2 tablespoons vegetable oil*

Directions:

1. Preheat your sous vide bath to 110°F. Finely mince the garlic and basil, and finely zest the lemon.
2. Mash together the butter with basil, garlic, and lemon zest until well mixed. Add salt and pepper to taste.
3. Put each piece of tuna in a separate sous vide bag and pour in 1/2-3/4 cups of oil in each bag.
4. Place the bag in your preheated container and set your timer for 25 minutes.
5. While the tuna is cooking, place the butter on one side of a piece of plastic wrap.
6. Roll the butter in the plastic wrap to create a log. Place the butter in the refrigerator.
7. When the tuna is almost cooked, heat the vegetable oil in a skillet

over high heat. Remove the tuna from the bag and sear for 30 seconds per side.

8. Top with at least 1/2-inch-thick piece of basil butter to serve.

*Nutritional Info: Calories: 746, Sodium: 50 mg, Dietary Fiber: 0.1 g, Fat: 61.6 g,
Carbs: 17.1 g, Protein: 30.3 g.*

Lime Shrimp with Cilantro Avocado Sauce

Fresh lime juice gives the shrimp a fresh citrus flavor, while the cilantro avocado sauce adds a floral creaminess which complements the bright, tangy citrus.

Servings: 4

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Ingredients:

1 lb. shrimp, peeled and deveined
Salt and pepper
3 tablespoons lime juice (juice of 2 limes)
3 tablespoons butter, cut into rough chunks
1/2 avocado, roughly diced
1/4 cup sour cream
1/2 teaspoon kosher salt

Directions:

1. Preheat your sous vide bath to 140°F. Peel and devein the shrimp, dice the avocado roughly, and cut the butter into chunks.
2. Salt and pepper the shrimp to taste. Place it in the sous vide bag with 2 tablespoons of the lime juice.
3. Seal the bag and place in your preheated container and set your timer for 15 minutes.
4. Meanwhile, place the avocado, sour cream, remaining lime juice, and kosher salt in a blender or food processor, and blend until they become a smooth sauce.
5. Once the shrimp is cooked, top them with the sauce and serve.

Nutritional Info: Calories: 388, Sodium: 87 mg, Dietary Fiber: 1.8 g, Fat: 19 g, Carbs: 4.6 g, Protein:

48.5 g.

Lemony Salmon with Dill

This delicate sous vide salmon pairs perfectly with the fresh flavors of lemon and dill for a wonderfully balanced taste and texture.

Servings: 2

Prep Time: 10 Minutes

Cook Time: 1 Hour

Ingredients:

*1 lb. boneless salmon fillet
Kosher salt
1 tablespoon coarsely chopped dill
1 teaspoon finely grated lemon zest
1/2 teaspoon crushed red pepper flakes
1 tablespoon extra-virgin olive oil
1 tablespoon vegetable oil*

Directions:

1. Preheat your sous vide bath to 125°F. Chop the dill coarsely and finely zest the lemon.
2. Salt the salmon to taste and mix the remaining spices in a bowl. Coat both sides of the salmon with the mixed herbs.
3. Place the salmon in the sous vide bag and add the oil before sealing.
4. Place the bag in your preheated container and set your timer for 1 hour.
5. Heat a skillet with the vegetable oil over medium high heat. Remove the salmon from the bag and sear, skin side down for 3 to 4 minutes. Serve crispy skin side up.

*Nutritional Info: Calories: 366, Sodium: 103 mg, Dietary Fiber: 0.4 g, Fat: 21.2 g, Carbs: 1.3 g,
Protein: 44.4 g.*

Lobster Tail with Chimichurri Butter

Sous viding lobster ensures that it stays succulent and retains its robust flavor, and the chimichurri butter adds a burst of fresh citrus and herbs.

Servings: 2

Prep Time: 10 Minutes

Cook Time: 35 Minutes

Ingredients:

4 tablespoons softened unsalted butter

2 tablespoons parsley

2 teaspoons fresh lemon juice

1 small garlic clove, finely minced

2 lobster tails, about 8 oz. each

1 lemon, halved

Parsley for garnish

Directions:

1. Preheat your sous vide bath to 135°F. Chop the parsley, mince the garlic, and cut the lemon in half.
2. Mix the parsley, lemon juice, garlic, and butter in a bowl until well combined. Place the lobster in the sous vide bag with half of the butter and cook for 30 minutes.
3. When the lobster is almost finished cooking, preheat your grill so half the grill is on high heat and the other half is medium low.
4. When the lobster tails are cooked put them under cold water until cool and cut them in half lengthwise.
5. Place the tails on the hot side of the grill with the flesh side down for 2 minutes.
6. Flip the tails and baste with remaining butter, cooking another 2-3 minutes. Remove the tails from the grill. Allow the lemon pieces to cook on the hot side of the grill with the flesh side down for 2-3 minutes.

7. Garnish the tails with parsley and serve with the grilled lemon.

*Nutritional Info: Calories: 415, Sodium: 126 mg, Dietary Fiber: 0.6 g, Fat: 25 g, Carbs: 2.2 g,
Protein: 43.7 g.*

Bouillabaisse in a Bag

While traditional bouillabaisse can be very time consuming to make, this version is quick and easy and still exceptionally light and tasty.

Servings: 4

Prep Time: 15 minutes

Cook Time: 60 minutes

Ingredients:

¼ lb. shrimp, shelled and deveined
¼ lb. scallops
½ lb. fish filets, assorted, cut into small pieces
4 cups fish or vegetable broth
½ cup white wine
1 lemon, juice of
2 garlic cloves, crushed
Saffron, several strings
2 tablespoons. olive oil
1 sprig fresh tarragon
Salt and pepper, to taste

Garnish:

Baguette bread
Salted butter

Directions:

1. Set sous vide bath to 140 F.
2. Mix all liquid and seasoning ingredients in a large bowl.
3. Add in seafood, making sure there is enough liquid to cover (Bouillabaisse is a soup).
4. Evenly distribute mixture in four zipper-lock bags. Remove excess air and seal shut.
5. Place in sous vide bath and cook for one hour.

6. Serve in bowls with buttered, toasted Baguette on the side.

*Nutritional Info: Calories: 235, Sodium: 916 mg, Dietary Fiber: 0.5 g, Fat: 9.7 g, Carbs: 4.9 g,
Protein: 26.5 g.*

Charred Calamari with Miso and Mirin

This calamari comes out crunchy on the outside, but tender and delicious on the inside. The marinade provides a lovely subtle umami flavor.

Servings: 2

Prep Time: 15 Minutes

Cook Time: 2 Hours 20 Minutes

Ingredients:

*2 tablespoons cooking sake
2 tablespoons miso paste
2 tablespoons mirin
2 tablespoons light brown sugar
3 tablespoons chili oil
1/2 lb. squid bodies
1 medium lemon*

Directions:

1. Preheat your sous vide bath to 138°F. Clean and cut the calamari into thin rings and juice the lemon.
2. Mix the sake, sugar, miso, and mirin in a bowl. Add in the calamari and toss until well coated. Place the calamari and marinade in the sous vide bag, seal and cook for 2 hours.
3. In the last couple minutes of cooking, heat a grill pan on high heat.
4. When the calamari are cooked, gently pat them dry using a paper towel. Sear the calamari in batches for 30 seconds. Place seared calamari in a bowl. Mix in the lemon juice and the chili oil.
5. Serve immediately.

Nutritional Info: Calories: 438, Sodium: 774 mg, Dietary Fiber: 1.7 g, Fat: 23.2 g, Carbs: 24.2 g, Protein: 19.1 g.

Cajun Spiced Tilapia

This recipe has all the spicy Cajun flavor you would find in Louisiana and it's a quick and easy recipe that's ready in under an hour.

Servings: 4

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Ingredients:

*4 tilapia fillets
1 tablespoon black pepper
1 tablespoon kosher salt
1 tablespoon smoked paprika
2 tablespoons Italian seasoning
2 tablespoons cayenne pepper
2 tablespoons garlic powder
2 tablespoons dried onion granules or onion powder
1 tablespoon vegetable oil*

Directions:

1. Preheat your sous vide bath to 138°F. Pat the fish dry using a paper towel.
2. Mix together all the spices in a bowl and rub the spice mixture on the fish.
3. Place the fish in the sous vide bag and cook for 30 minutes.
4. Heat the oil in a skillet over medium high heat and add the fish to the pan, searing for 1 minute per side.

Nutritional Info: Calories: 188, Sodium: 179 mg, Dietary Fiber: 2.4 g, Fat: 7.3 g, Carbs: 10.1 g, Protein: 22.9 g.

Swordfish with Balsamic Brown Butter Sauce

This swordfish comes out so tender and melt in your mouth. The sauce adds a nutty, sweet flavor to the dish.

Servings: 4

Prep Time: 20 Minutes

Cook Time: 30 Minutes

Ingredients:

2 lbs. swordfish steaks

Salt and pepper

Zest from 1/2 lemon

1 stick unsalted butter

3 tablespoons balsamic vinegar

3 tablespoons honey

1 tablespoon Dijon mustard

Directions:

1. Preheat your sous vide bath to 126°F.
2. Salt and pepper your steaks to taste and season with lemon zest.
3. Place the steaks in the sous vide bag. Seal and place in the water bath for 30 minutes.
4. Add the butter in a saucepan over medium heat until it foams. Once it stops foaming and turns a golden brown, whisk in the balsamic vinegar, Dijon and honey. Lower the heat to a simmer and allow the sauce to thicken.
5. Remove the steaks from the bag and top with the sauce to serve.

*Nutritional Info: Calories: 634, Sodium: 446 mg, Dietary Fiber: 0.2 g, Fat: 34.5 g, Carbs: 15.3 g,
Protein: 64.3 g.*

Cod with Lemon and Capers

This simple recipe teaches you how to make cod which is moist and delicious. The lemon and capers highlight the delicate flavor of the fish.

Servings: 2

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Ingredients:

2 (6-ounce) cod fillets

Salt and freshly ground black pepper

1/2 lemon sliced into 4 rounds

1/4 cup plus 1 tablespoon extra-virgin olive oil

2 teaspoons capers

Fresh dill

Directions:

1. Preheat your sous vide bath to 120°F. Slice the lemon into four pieces and chop the dill.
2. Salt and pepper the cod to taste. Place the cod in the sous vide bag and add 2 pieces of lemon. Pour in 1/4 cup of oil and the capers.
3. Place your bag in the preheated container and set your timer for 30 minutes.
4. When the cod is done, top with olive oil and the dill.

Nutritional Info: Calories: 265, Sodium: 61 mg, Dietary Fiber: 0.9 g, Fat: 15.7 g, Carbs: 2.1 g, Protein: 30.9 g.

Red Snapper with Fennel Seeds and Chili Flakes

This is an easy recipe that doesn't require much time. The chili flakes add some heat to this tasty fish while the fennel adds a subtle licorice flavor.

Servings: 2

Prep Time: 15 Minutes

Cook Time: 25 Minutes

Ingredients:

1 lb. red snapper (skinned, pin bones removed, and portioned)
3 tablespoons of salted butter
1-1/2 tablespoons fennel seeds
1 teaspoon chili flakes
1 tablespoon kosher salt
1/2 lemon

Directions:

5. Preheat your sous vide bath to 131°F. Use a paper towel to pat the snapper dry. Juice the lemon.
6. Use mortar and pestle or a spice grinder to combine the chili, salt, and fennel seeds. Season the snapper with the spice mixture.
7. Place the snapper in the sous vide bag with half the butter, and place in the water bath for 25 minutes.
8. When the snapper is done, put the juices from the bag in a saucepan over medium heat while adding in the remaining butter and lemon juice. Whisk until the sauce comes together, around 3 minutes.
9. Serve the snapper with the sauce on top.

Nutritional Info: Calories: 462, Sodium: 313 mg, Dietary Fiber: 2.2 g, Fat: 21.9 g, Carbs: 3.7 g,

Protein: 60.7 g.

POULTRY RECIPES



Easy Chicken Cordon Bleu

A taste of France is right at your fingertips with this delicious recipe, and you can easily whip up some sous vide asparagus and mashed potatoes to compliment this yummy dish!

Servings: 4

Prep time: 5 minutes

Cook time: 1 hour 30 minutes

Ingredients

2 boneless, skinless chicken breasts

1 teaspoon sea salt

1 teaspoon black pepper

4 swiss cheese slices

2 slices uncured ham

Binding string

Directions

1. Prepare sous vide water bath to 140°F.
2. Butterfly chicken breasts and place them between two sheets of plastic wrap.
3. Tenderize flat using a meat tenderizer.
4. Remove plastic wrap and season the chicken with salt and pepper.
5. Lay swiss cheese in a single layer down the middle of each chicken breast.
6. Place a layer of uncured ham on top of the cheese.
7. Roll each chicken breast up like a jelly roll, beginning at the narrowest edge. Use binding string on each end to hold together.
8. Place the chicken rolls in a vacuum bag, seal, and cook for 1 hour 30 minutes.
9. Allow chicken to rest for 5 minutes, and slice to serve warm!

.

Nutritional Info: Calories: 276, Sodium: 825 mg, Dietary Fiber: 0.1g, Fat: 14g, Carbs: 1.9g, Protein:
34.2g.

Moist Delicious Thanksgiving Turkey

Sous vide turkey is moist, delicious, and absolutely perfect for a “no fuss” Thanksgiving feast for the whole family.

Servings: 6

Prep time: 60 minutes

Cook time: 2 hours 30 minutes (4 to 6 hours for turkey legs)

Ingredients

14 lbs. turkey
Salt
1 stick unsalted butter
8 garlic cloves, minced
4 sprigs sage
4 sprigs thyme
4 sprigs rosemary

Directions

1. Defrost turkey according to the instructions on the packaging.
2. Preheat sous vide water bath 149°F.
3. Remove the packaged gizzards inside the turkey cavity.
4. Remove the thighs and drumsticks with a boning knife, then remove the wings of the turkey.
5. Cut out the rib cage, with kitchen shears, and save for stock or gravy.
6. Cut the breast in half, down the middle with boning knife, and keep the bone in.
7. Place the thighs and wings in one gallon vacuum bag and do not overlap.
8. Place drumsticks in another bag, turkey breast in a third and fourth bag.

9. Add 2 smashed cloves garlic, 1 sprig of each herb, and two tablespoons of butter to each bag.
10. Seal with a vacuum sealer or use the water displacement method.
11. Take care that the turkey pieces inside the bags are completely submerged during sous vide.
12. Cook for 2 hours 30 minutes; legs will be most tender when cooked at 4 to 6 hours.
13. Here, you can crisp in a cast iron skillet for 3 minutes on each side and serve immediately with your favorite trimmings.

Nutritional Info: Calories: 1960, Sodium: 880 mg, Dietary Fiber: 2.6g, Fat: 68.9g, Carbs: 5.4g, Protein: 310.9g.

Harissa Chicken

Brighten up weeknight meals with succulent chicken seasoned with harissa and preserved lemon and served over couscous.

Servings: 2

Prep time: 30 minutes

Cook time: 2 hours

Ingredients

*2 boneless, skinless chicken breasts
1 tablespoon harissa, powdered; or 1/2 tablespoon harissa paste
1/2 teaspoon cayenne pepper
2 garlic cloves, minced
Sea salt, to taste
1 preserved lemon, chopped
4 tablespoons olive oil, divided*

Directions

1. Add all ingredients to a resealable bag and marinate for 30 minutes. Use only half the olive oil.
2. Pre-heat the water bath to 141°F.
3. Seal the bag and add chicken to sous vide water bath and cook for 2 hours.
4. Heat remaining olive oil in a frying pan on medium-high.
5. Remove chicken from water bath and sear on both sides for 2 minutes.
6. Serve with juices over couscous and enjoy!

Nutritional Info: Calories: 643, Sodium: 248 mg, Dietary Fiber: 3.9g, Fat: 50g, Carbs: 8.9g, Protein: 43.5g

Rich and Tasty Duck à l'Orange

A 1960s delicacy, inspired by famous chef Julia Child, this recipe is full of flavor to compliment duck's rich taste and texture.

Servings: 2 - 4

Prep time: 20 minutes

Cook time: 2 hours 30 minutes

Ingredients

*2 small duck breasts
1 orange, sliced
4 garlic cloves, smashed
1 shallot, smashed
4 thyme sprigs
1/2 tablespoon black peppercorns
1 tablespoon sherry vinegar
1/4 cup red wine, like Merlot
2 tablespoons butter
Sea salt, to taste*

Directions

1. Preheat sous vide water bath to 135°F.
2. Add the duck breasts with slices of orange, garlic, shallots, thyme and peppercorns to a vacuum bag.
3. Seal and cook for 2 hours 30 minutes.
4. Preheat a frying pan to medium high heat.
5. Remove duck from bag and set bag aside.
6. Fry the duck breast, skin side down, for 30 seconds.
7. Remove duck breast from pan and keep warm.
8. Add vinegar and red wine to frying pan to deglaze leftover fat.
9. Add the contents of the vacuum bag and cook for about 6 minutes

over medium heat.

10. Fold in the butter and season with salt and pepper.
11. Slice the duck breast into 2 inch medallions, top with sauce, and serve.

Nutritional Info: Calories: 205, Sodium: 104 mg, Dietary Fiber: 2.4g, Fat: 9.3g, Carbs: 10g, Protein: 18.7g.

Spicy Honey Sriracha Wings

Sweet honey meets spicy sriracha for a batch of wings that will knock your socks off and have you asking for more!

Servings: 4 - 6

Prep time: 5 minutes

Cook time: 45 minutes

Ingredients

*1 lb. chicken wings
1/2 teaspoon sea salt
1/2 teaspoon paprika
1/2 teaspoon garlic
1/2 teaspoon ginger
1/2 teaspoon black pepper*

For the glaze:

*1 tablespoon sesame oil
2 tablespoons soy sauce
2 tablespoons honey
2 tablespoons Sriracha*

Directions

1. Preheat sous vide water bath to 140°F.
2. Mix spices in a mixing bowl and toss wings to coat.
3. Add wings to a vacuum bag.
4. Cook the wings for 40 minutes.
5. Combine glaze ingredients in a large mixing bowl.
6. Transfer chicken wings in an ice bath.
7. For crispy wings, fry in a cast iron skillet on high heat for 1 to 2 minutes, or until golden.
8. Toss the wings in the glaze and serve hot!

Nutritional Info: Calories: 195, Sodium: 557 mg, Dietary Fiber: 0.2g, Fat: 9.3g, Carbs: 7.6g, Protein:
22.3g.

Aromatic Rosemary Chicken

Aromatic and delicious, this chicken is best paired with salad and roasted eggplant for a Mediterranean meal to die for!

Servings: 4

Prep time: 1 hour

Cook time: 2 hours

Ingredients

4 chicken breasts

For the brine:

2 cups of chicken stock

4 tablespoons salt

2 tablespoons brown sugar

For the rosemary sauce:

1 stick of butter

2 teaspoons rosemary, chopped

1 teaspoon garlic powder

1/2 teaspoon paprika

1/2 teaspoon sea salt

1/2 teaspoon black pepper

1 tablespoon olive oil

Directions

1. Add chicken to a shallow dish with brine, cover, and refrigerate for 60 minutes.
2. Pre-heat the water bath to 141°F.
3. Combine rosemary sauce ingredients in a mixing bowl.
4. Add chicken breasts to a vacuum bag and seal.
5. Add to sous vide bath and cook for 2 hours.
6. Add rosemary sauce to a pan on medium-high heat and brown for 5 minutes.

7. Remove chicken from bags, coat with butter, and brown in a frying pan on medium-high, on both sides, for 2 minutes.
8. Serve drizzled with sauce and enjoy!

Nutritional Info: Calories: 195, Sodium: 557 mg, Dietary Fiber: 0.2g, Fat: 9.3g, Carbs: 7.6g, Protein: 22.3g.

Italian-Style Chicken Marsala

Italian wine adds depth and flavor to chicken in this delicious way to really make good use out of your sous vide!

Servings: 4

Prep time: 15 minutes

Cook time: 3 hours

Ingredients

4 chicken breasts

2 sprigs fresh thyme

Sea salt

Black pepper

For the chicken marsala topping:

1 cup unbleached flour

Olive oil

3 cups sliced baby portabella mushrooms

3/4 cup Marsala wine

3/4 cup chicken stock

3 tablespoons butter

4 tablespoons chopped Italian parsley

Directions

1. Pre-heat the water bath to 141°F.
2. Lightly salt and pepper the chicken breasts and place in a vacuum bag with thyme and seal.
3. Add to water bath and cook for 2 hours.
4. Heat olive oil in a sauté pan over high heat.
5. Preheat oven to warm.
6. Remove the sous vide chicken breasts from the sous vide bath, pat dry with a paper towel, and dredge them in the flour.
7. Sear the chicken breasts for 1 minute per side.

8. Remove and place on a baking sheet in the warm oven.
9. Turn heat to medium high for the sauté pan and melt 1 tablespoon of butter.
10. Add mushrooms and cook until they brown and release their liquid; about 4 to 6 minutes.
11. Turn heat down to medium and add the Marsala wine to the pan; simmer for 1 minute, scraping the bottom of the pan to dislodge the browned bits.
12. Add the chicken stock and simmer for 10 minutes to reduce sauce.
13. Fold the remaining 2 tablespoons of butter into the sauce and plate the seared chicken breasts.
14. Spoon the Marsala sauce evenly over the chicken breasts.
15. Garnish with Italian parsley and serve.

*Nutritional Info: Calories: 550, Sodium: 454 mg, Dietary Fiber: 2.1g, Fat: 23.6g, Carbs: 27.8g,
Protein: 46.6g.*

Tempting Teriyaki Chicken

Sweet and savory teriyaki chicken is delicious when served with your favorite Asian-style veggies sous vide on top of a bed of brown rice.

Servings: 1

Prep time: 5 minutes

Cook time: 2 hours

Ingredients

*1 skinless, boneless chicken breast
1/2 teaspoon ginger juice
2 tablespoons sugar, plus 1 teaspoon
1/2 teaspoon salt
2 tablespoons soy sauce
2 tablespoons sake or mirin*

Directions

1. Dry the chicken with a paper towel and then coat with the ginger juice.
2. Mix 1 teaspoon sugar and salt in a small bowl, and sprinkle on both sides of the chicken.
3. Add the chicken to a vacuum bag and seal; set aside to marinate for 30 minutes or overnight.
4. Preheat sous vide water bath to 140°F.
5. Add chicken and cook sous vide for 1 hour 30 minutes.
6. Combine the remaining sugar, soy sauce and sake in a small saucepan, bring to a boil, and cook until the sauce is thick, forming large shiny bubbles.
7. Remove sauce and place on warm until chicken is done.
8. Plate chicken, top with teriyaki sauce, and serve!

*Nutritional Info: Calories: 300, Sodium: 3267 mg, Dietary Fiber: 0.4g, Fat: 4.1g, Carbs: 41.1g,
Protein: 27.1g.*

Chicken Breast With Creamy Mushroom Sauce

Creamy mushroom sauce turns chicken into one delicious dish full of earthy flavor when you use your sous vide.

Servings: 2

Prep time: 25 minutes

Cook time: 1 hour 35 minutes

Ingredients

2 boneless, skinless chicken breasts

1/8 teaspoon sea salt

For the mushroom cream sauce:

3 shallots, finely chopped

2 large cloves garlic, minced

1 teaspoon olive oil

2 tablespoons butter

1 cup button mushrooms, sliced

2 tablespoons port wine

1/2 cup chicken stock

1 cup heavy cream

1/4 teaspoon fresh ground black pepper

Directions

1. Preheat sous vide water bath to 140°F.
2. Salt chicken breasts evenly, place in vacuum bag, and seal.
3. Cook for 1 hour 30 minutes.
4. Add the olive oil to a frying pan on medium heat.
5. Add shallots and cook for 3 minutes.
6. Add the butter and garlic and stir for 1 minute.
7. Turn stove up to medium-high and add the mushrooms; cook

until they release liquid and it evaporates.

8. Add the port wine and cook until it's nearly evaporated.
9. Add the stock and cook for 2 minutes, then fold in the cream until well-incorporated.
10. Cook over medium heat until the sauce thickens and finish with pepper.
11. Remove chicken from sous vide bath and plate.
12. Top with mushroom sauce and enjoy!

Nutritional Info: Calories: 653, Sodium: 692 mg, Dietary Fiber: 0.6g, Fat: 47.2g, Carbs: 9.1g, Protein: 45.9g. Carbs: 1.9 g, Protein: 2.7 g.

Duck Breast with Amarena Cherry Sauce

This elegant method of preparing duck breast combines sweet cherries and wine for a rich flavor that is sure to please your guests.

Servings: 4

Prep Time: 15 Minutes

Cook Time: 1 Hour

Ingredients:

*4 duck breasts
1 small jar of amarena cherries in syrup
1 cup red wine
4 sprigs thyme
5 tablespoons butter*

Directions:

1. Preheat your sous vide machine to 145 °F . Wash and dry the duck, and then cut the skin off of it. Salt and pepper the duck to taste. Place the duck in the sous vide bag with 1 tablespoon of butter and 1 sprig of thyme on each breast.
2. Seal the bag, then place in the preheated container and set timer for 1 hour.
3. Place cherries and wine in a pan and bring to a boil over high heat.
4. Reduce the temperature to medium heat and simmer until the sauce becomes thick. Take the pan off the heat.
5. When the duck is cooked, pat it dry and heat a skillet on medium heat with a tablespoon of butter.
6. Once the skillet is hot, add in the duck and sear it for about a minute per side.
7. Serve topped with the cherry sauce.

*Nutritional Info: Calories: 373, Sodium: 104 mg, Dietary Fiber: 0.5 g, Fat: 20.9 g, Carbs: 4.7 g,
Protein: 35.5 g.*

Duck Leg Confit

This process allows the fat in the duck to render resulting in the most tender and richly flavored duck you've ever had.

Servings: 2

Prep Time: 6 Hours 10 Minutes

Cook Time: 8 Hours 2 Minutes

Ingredients:

*2 duck legs
2 teaspoons salt
Bay leaf
Sprig of thyme
2 thin orange slices
1 clove garlic
Salt and pepper
2 tablespoons duck fat or olive oil*

Directions:

1. Place all the ingredients in a medium size bowl and mix until the salt dissolves. Place the duck in the bowl and refrigerate for 6 hours covered.
2. Preheat your sous vide bath to 176 °F .
3. Take the duck out of the mixture and pat it dry using a paper towel. Salt and pepper the duck to taste and place it in the sous vide bag with the oil or fat.
4. Seal the bag and place it in your preheated container and set your timer for 8 hours.
5. When the duck is almost done cooking, preheat your broil to high.
6. When the duck is done cooking, broil it until skin side becomes crispy.

*Nutritional Info: Calories: 351, Sodium: 193 mg, Dietary Fiber: 1.2 g, Fat: 20.5 g, Carbs: 6.1 g,
Protein: 35.8 g.*

Lemon Herb Turkey Breast

This dish requires very little prep on your part but is full of flavor. The lemon adds a tangy citrus zest that pairs well with the aromatic herbs.

Servings: 2

Prep Time: 5 Minutes

Cook Time: 4 Hours

Ingredients:

*2 lbs. boneless, skinless turkey breast
1/4 cup honey
1/4 cup lemon juice
1 teaspoon dried dill or 1 tablespoon fresh
1 teaspoon dried parsley or 1 tablespoon fresh
1 teaspoon dried basil or 1 tablespoon fresh
1/4 teaspoon black pepper
1 teaspoon salt
2 tablespoons flour*

Directions:

1. Preheat your sous vide bath to 143 °F .
2. Combine all the ingredients except for the turkey and flour in a bowl. Place the turkey in the sous vide bag along with the marinade mixture. Seal the bag and place in the water bath. Cook for 4 hours.
3. When the turkey is cooked, put the flour in a small saucepan along with 1 tablespoon of oil. Heat the mixture over medium heat, stirring constantly for about 1 minute. Pour in the juices from the bag and use a whisk to remove any lumps from the gravy.
4. Slice the turkey thin and serve with the gravy.

Nutritional Info: Calories: 639, Sodium: 577 mg, Dietary Fiber: 2.9 g, Fat: 7.9 g, Carbs: 61.9 g,

Protein: 78.8 g.

Filipino Adobo Chicken

This traditional Filipino dish is full of bold flavor with a hint of soy sauce, bay leaf, and garlic.

Servings: 2

Prep Time: 15 Minutes

Cook Time: 4 Hours

Ingredients:

1-1/2 lbs. chicken thighs and drumstick

6 pieces dried bay leaves

1 cup soy sauce

1 head garlic crushed

1 tablespoon whole peppercorn

1/4 cup vinegar

1/2 cup chicken broth

Directions:

1. Preheat your sous vide bath to 155 °F .
2. Place the chicken and all of the other ingredients in the sous vide bag.
3. Place the bag in your preheated container and set your timer for 4 hours.
4. Serve chicken with the sauce from the bag.

*Nutritional Info: Calories: 376, Sodium: 382 mg, Dietary Fiber: 1.4 g, Fat: 21.5 g, Carbs: 9.8 g,
Protein 36.8 g*

Spicy Curried Chicken Thighs

This recipe is filled with delicious exotic spices, but it's the curry that shines the brightest. It goes well with a side of rice.

Servings: 4

Prep Time: 15 Minutes

Cook Time: 2 Hours

Ingredients:

*8 pieces boneless, skinless chicken thighs
8 garlic cloves
6 tablespoons olive oil
2 tablespoons cumin
2 tablespoons coriander
2 teaspoons kosher salt
2 teaspoons allspice
2 teaspoons turmeric
1 teaspoon curry
1 teaspoon ground ginger
1 teaspoon ground pepper
1/4 teaspoon cayenne*

Directions:

1. Preheat your sous vide bath to 165 °F .
2. Place all the ingredients except for the chicken thighs in a blender or food processor. Blend until the ingredients form a thick paste. Coat the chicken with the paste. Place in a sous vide bag and seal. Put the chicken in the sous vide for 2 hours. Towards the end of the cooking process, preheat your broiler.
3. When the chicken is cooked, take it out of the bag and place it under the broiler. Broil each side until it browns, no more than 2 minutes per side.

*Nutritional Info: Calories: 510, Sodium: 132 mg, Dietary Fiber: 1.1 g, Fat: 42 g, Carbs: 5.5 g,
Protein: 39.2 g.*

Chicken Tikka Masala

This is a popular dish in Indian cuisine. It's made with a mild curry that has just a hint of sweetness.

Sous viding the sauce in a separate bag makes all the flavors come together nicely.

Servings: 2

Prep Time: 15 Minutes

Cook Time: 2 Hours

Ingredients:

*4 boneless, skinless chicken breasts
2 tablespoons butter
Pinch of salt and pepper
2 cups crushed or strained tomatoes
2 cups heavy cream
1-inch piece peeled ginger cut into chunks
4 garlic cloves
1-1/2 tablespoons honey
1 tablespoon paprika
1 tablespoon cumin
3 teaspoons turmeric
2 teaspoons coriander
1-1/2 teaspoons salt*

Directions:

1. Preheat your sous vide bath to 146 °F . Cut the ginger into chunks.
2. Salt and pepper the chicken to taste and place it in the sous vide bag with the butter and seal. Blend all the remaining ingredients in a blender until smooth. Place the sauce in another sous vide bag.
3. Place both bags in your preheated container and set your timer for 2 hours.
4. When the chicken is cooked, remove from bag and slice it. Then, top the chicken with the sauce and serve.

*Nutritional Info: Calories: 370, Sodium: 129 mg, Dietary Fiber: 3.3 g, Fat: 12.3 g, Carbs: 36.8 g,
Protein 30.5 g*

PORK RECIPES



Herb Rubbed Pork Chop

These pork chops are packed with flavor thanks to the herb rub and just a hint of citrus.

Servings: 4

Prep Time: 15 Minutes

Cook Time: 2 Hours

Ingredients:

4 large bone-in pork chops, about 1-1/2-inch-thick

1/4 cup parsley

10 large basil leaves

1/4 cup rosemary

1/4 cup chives

6 sprigs thyme

2 cloves garlic

Zest of 1 lemon

1 tablespoon white balsamic vinegar

1/2 teaspoon salt

1 teaspoon fresh cracked pepper

1/4 cup extra virgin olive oil

Directions:

1. Preheat your sous vide bath to 140 °F . Remove the stems from the rosemary and thyme. Mince the garlic.
2. Place the herbs in a food processor and pulse until finely chopped.
3. Combine the herbs with the olive oil, garlic, vinegar, salt and pepper, and lemon zest in the food processor. Blend all the ingredients until they form a smooth paste.
4. Rub the mixture all over the pork chops and place them in the sous vide bag.
5. Place the bag or bags in your preheated container and set your timer for 2 hours.

6. Preheat your broiler to 550 °F . When the pork chops are cooked, sear the pork chops under the broiler for 3-4 minutes per side.
7. Serve the seared pork chops immediately.

*Nutritional Info: Calories: 369, Sodium: 449 mg, Dietary Fiber: 4.8 g, Fat: 26.8 g, Carbs: 9.7 g,
Protein 26.5 g*

Savory Pork Wellington

This is an incredibly simple recipe which results in an impressive dish. The sous vide and oven do the majority of the work, and you get to enjoy the flaky savory taste of the Wellington.

Servings: 2

Prep Time: 20 Minutes

Cook Time: 5 Hours 40 Minutes

Ingredients:

16-ounce pork loin

1 jar coarse ground Dijon mustard

Puff pastry sheet

1 jar olive tapenade

1 tablespoon olive oil

Directions:

1. Preheat your sous vide bath to 145 °F .
2. Coat the pork with a thin layer of the Dijon mustard. Place the pork in the sous vide bag.
3. Seal and place the bag in your preheated container and set your timer for 5 hours.
4. When the pork is almost cooked preheat your oven to 400 °F .
5. When the pork is cooked, pat it dry and wipe off any excess mustard. Heat oil in frying pan on high heat until shimmering and add in the pork. Sear on all sides until brown.
6. Put the pork on the pastry sheet and cover it with the tapenade. Wrap the pastry sheet around the pork. Use a fork and some warm water to seal the pastry.
7. Put the pork in the oven for 20-40 minutes. The Wellington is ready when the pastry turns golden brown.
8. Slice and serve the Wellington.

*Nutritional Info: Calories: 780, Sodium: 404 mg, Dietary Fiber: 0.6 g, Fat: 51.5 g, Carbs: 11.6 g,
Protein 63.7 g.*

BBQ Pork Ribs

These ribs will fall off the bone when they're done cooking. Use your favorite BBQ sauce for the perfect flavor.

Servings: 7

Prep Time: 15 Minutes

Cook Time: 24 Hours 10 Minutes

Ingredients:

*2 tablespoons kosher salt
2 tablespoons smoked paprika
2 tablespoons light brown sugar
1 tablespoon ground cumin
1 tablespoon ground cayenne
1 tablespoon ground coriander
2 (2-1/2-lb.) racks baby back ribs
1 cup barbecue sauce*

Directions:

1. Preheat your sous vide bath to 155 °F . Cut the ribs in half crosswise.
2. Mix the spices together in a bowl. Rub the mixture on the racks of ribs.
3. Place the ribs in the bag of your choice, seal and place in the preheated container. Set your timer for 24 hours.
4. When the ribs are finished cooking. Heat a grill on high heat and place the cooked ribs on the grill and cook them for 6-8 minutes until there's a good char on the ribs. Flip the ribs throughout and baste them continuously with the BBQ sauce.
5. Carve the ribs and serve immediately.

Nutritional Info: Calories: 434, Sodium: 251 mg, Dietary Fiber: 1 g, Fat: 20.4 g, Carbs: 17 g, Protein 43.1 g.

Chipotle Apple Pork Loin

This makes the perfect dish to get you through the cold winter nights. The chipotle adds a little heat while the nutmeg and clove provide warmth. The maple syrup and apple add sweetness.

Servings: 4

Prep Time: 15 Minutes

Cook Time: 4 Hours

Ingredients:

*2 lbs. pork loin
1 teaspoon salt
1 teaspoon black pepper
1/2 teaspoon chipotle powder
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
2 tablespoons apple juice concentrate
1 tablespoon maple syrup
1 tablespoon coconut oil*

Directions:

1. Preheat your sous vide bath to 134 °F .
2. Mix the spices together in a small bowl. Rub the mixture all over the pork. Place the pork in the sous vide bag along with maple syrup, coconut oil, and apple juice.
3. Place the bag in your preheated container and set your timer for 4 hours.
4. When the pork is cooked, allow it to rest for a few minutes.
5. Slice the pork and serve it.

Nutritional Info: Calories: 600, Sodium: 723 mg, Dietary Fiber: 0.5 g, Fat: 35.1 g, Carbs: 5.7 g, Protein 62.1 g.

Sweet and Sour Pork Belly

This has an authentic flavor you would expect to find at a Chinese restaurant. The pork belly is so tender and goes well with rice.

Servings: 4

Prep Time: 10 Minutes

Cook Time: 10 Hours

Ingredients:

*2 lbs. skinless, boneless pork belly
6 scallions
1/4 cup honey
1/4 cup soy sauce
3 tablespoons sambal oelek
1 tablespoon grapeseed or other neutral oil*

Directions:

1. Preheat your sous vide bath to 140 °F . Slice the scallions into 1-inch pieces and the pork belly crosswise into 2-inch-wide pieces.
2. Place all the ingredients except the oil in the sous vide bag and turn the bag to coat the pork.
3. Seal and place the bag in your preheated container and set your timer for 10 hours.
4. When the pork is cooked, place the oil in a skillet and heat it on medium high heat until it's very hot. Use a paper towel to pat the pork dry before placing it in the skillet. Sear the pork on all sides for about 30 seconds a side.
5. Serve immediately.

Nutritional Info: Calories: 672, Sodium: 101 mg, Dietary Fiber: 0.8 g, Fat: 60.5 g, Carbs: 20.7 g, Protein 12.1 g.

Southwestern Rubbed Pork Tenderloin

This pork tenderloin has deep, robust flavors. The chili powder is bold, and the chipotle gives a nice amount of heat to the dish.

Servings: 3

Prep Time: 15 Minutes

Cook Time: 3 Hours

Ingredients:

*1 lb. pork tenderloin
2 teaspoons lemon juice
1 teaspoon chili powder
1/2 teaspoon garlic powder
1/4 teaspoon chipotle
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon olive oil*

Directions:

1. Preheat your sous vide bath to 135 °F . Trim any excess fat off the pork.
2. Coat the pork with the lemon juice. Combine all the spices in a bowl and rub the mixture on the pork.
3. Place the pork in the sous vide bag, seal, and put it in your preheated container. Set your timer for 3 hours.
4. Heat the oil in a skillet on medium high heat. Put the pork in the skillet and sear for about 3-4 minutes per side. Allow the pork to rest for 5-10 minutes before slicing.
5. Slice the pork and serve.

Nutritional Info: Calories: 262, Sodium: 87 mg, Dietary Fiber: 0.5 g, Fat: 10.2 g, Carbs: 1.1 g, Protein 39.8 g.

Melt-In-Your Mouth Carnitas for Taco Night

Carnitas are a melt in your mouth, juicy taco stuffing that is sure to please the whole family on Taco Night!

Servings: 8

Prep time: 5 minutes

Cook time: 12 to 20 hours

Ingredients

2 lbs. pork shoulder meat, removed from the bone

1 tablespoon brown sugar

1 teaspoon anise seed

1 teaspoon garlic powder

2 teaspoons kosher salt

1 teaspoon cinnamon

1 teaspoon lemon peel

2 slices of bacon

Corn tortillas, for serving

Salsa, for serving

Sliced avocado, for serving

Directions

1. Preheat sous vide water bath to 165°F.
2. Add all ingredients to a large sous vide bag.
3. Seal the bag and place in the preheated container.
4. Cook for 12 to 20 hours.
5. Transfer pork from bag to a plate and pull apart with two forks.
6. Serve on tortillas with your favorite salsa and avocado.

Nutritional Info: Calories: 422, Sodium: 778 mg, Dietary Fiber: 2.1g, Fat: 31.3g, Carbs: 5.4g,

Protein: 29g.

Rich Beer Brined Pork Shoulder

Beer makes the perfect brine when it comes to cooking up a delicious pork shoulder for a party or tailgate.

Servings: 8

Prep time: 5 minutes

Cook time: 12 to 20 hours

Ingredients

2 lbs. pork shoulder meat, removed from the bone

6 cups craft beer

1 teaspoon brining salt

Directions

1. Preheat sous vide water bath to 165°F.
2. Add all ingredients to a large sous vide bag.
3. Seal the bag and place in the preheated container.
4. Cook for 12 to 20 hours.
5. Transfer pork from bag to a plate and pull apart with forks or slice for sandwich meat.

Nutritional Info: Calories: 341, Sodium: 138 mg, Dietary Fiber: 0g, Fat: 24.3g, Carbs: 0.9g, Protein: 26.5g.

Pork Tenderloin With Cherry Salsa

Tender juicy pork is cooked to perfection when you sous vide this scrumptious cut of meat. The cherry salsa adds a special zippiness to the flavor.

Servings: 6 - 8

Prep time: 10 minutes

Cook time: 4 hours 30 minutes

Ingredients

1 lb. pork tenderloin, trimmed and clean of silver skin

3 sprigs thyme

1 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon white pepper

2 tablespoons butter

For the cherry salsa:

3 cups cherries, pitted and roughly chopped

1/2 cup red onion

2 tablespoons lemon juice

1 tablespoon balsamic vinegar

1 teaspoon honey

Directions

1. Preheat sous vide water bath to 145 °F .
2. Place pork loin, thyme, butter, and seasoning in a vacuum bag and seal airtight.
3. Cook for 4 hours 30 minutes.
4. Prepare cherry salsa: add all ingredients to a food processor and process to desired consistency.
5. Remove pork loin from sous vide bath, slice pork loin into 1 inch thick medallions, and serve topped with a dollop of salsa.

Nutritional Info: Calories: 150, Sodium: 207 mg, Dietary Fiber: 0.8g, Fat: 5g, Carbs: 10.3g, Protein:

15.2g.

Lemongrass and Garlic Pork Belly Roll

Light, aromatic lemongrass elevates salty pork belly to a whole new level in this delicious flavor combination that will fast become a sous vide favorite.

Servings: 6

Prep time: 10 minutes

Cook time: 8 hours

Ingredients

*1 lb. pork belly, leave whole
3-1/2 teaspoons sea salt
1/2 teaspoon pepper
1/4 cup olive oil
4 stalks lemongrass, white part only
1 whole garlic bulb, peeled
2 bell peppers, sliced into strips
Cooking string to secure belly closed*

Directions

1. Preheat sous vide water bath to 165°F.
2. Generously season pork belly with salt all over.
3. Lay skin side down.
4. Add lemongrass, bell pepper, and garlic, in a line in the belly's center, and drizzle with a little olive oil.
5. Roll belly into a log and tie shut with cooking string.
6. Add pork belly to a large sous vide bag.
7. Seal the bag and place in the preheated container.
8. Cook for 8 hours.
9. Slice into 1-inch-thick medallions and serve warm with your favorite sides.

*Nutritional Info: Calories: 439, Sodium: 2315 mg, Dietary Fiber: 0.6g, Fat: 28.9g, Carbs: 4.4g,
Protein: 35.5g.*

Herb Crusted Pork Chops

Herb crusted pork chops topped with fresh squeezed lemon juice really takes this delicious cut of meat to a whole new level.

Servings: 4

Prep time: 5 minutes

Cook time: 4 hours 5 minutes

Ingredients

4 bone-in pork chops

3 eggs, beaten

1 teaspoon whole milk

For herb crust:

1-1/2 cups all-purpose flour

1-1/2 cups panko

2 tablespoons fresh basil, finely chopped

1 tablespoon fresh oregano, finely chopped

1/4 cup Parmesan, finely grated

1 lemon, quartered

Directions

1. Preheat a sous vide water bath to 140°F.
2. Add pork to vacuum bag, seal and cook for 4 hours.
3. Remove pork chops.
4. Whisk milk and egg together to make an egg wash.
5. Combine herb crust ingredients together in a large mixing bowl.
6. Dip a pork chop into the egg wash and fully coat.
7. Dip in the herb crust to coat evenly and transfer to a greased baking sheet; repeat until all pork chops are coated.
8. Broil for 2 - 3 minutes on each side until golden brown.
9. Transfer to plates and top with salt and pepper to serve. Squeeze

fresh lemon juice over the chops for added zing.

*Nutritional Info: Calories: 508, Sodium: 716 mg, Dietary Fiber: 3.6g, Fat: 12.4g, Carbs: 66.6g,
Protein: 29.7g.*

Honey Mustard Glazed Pork Loin

Pork goes well with both sweet and savory. Using grainy French-style mustard and honey together, the succulent taste of pork loin will melt in your mouth.

Servings: 6

Prep Time: 10 minutes

Cook Time: 90 minutes

Ingredients:

*1 pork loin
4 tablespoons French mustard, grainy
2 tablespoons honey
1 tablespoon chopped tarragon
2 tablespoons olive oil
1 onion, sliced in thin roundels
Salt and pepper*

Directions:

1. Heat sous vide bath to 140°F.
2. Mix all ingredients except pork loin in a bowl. Pour this mixture into a zipper-lock gallon bag.
3. Add the pork loin and seal; turn the bag a few times so that loin is covered in marinade.
4. Immerse in sous vide bath and cook for 90 minutes.
5. If a sear is desired, place loin in a very hot cast iron sauté pan with butter, turning a few times to brown.
6. Serve sliced, pouring a few spoons of the cooking juices with onions on the loin.

Nutritional Info: Calories: 234, Sodium: 517 mg, Dietary Fiber: 0.4 g, Fat: 12.9 g, Carbs: 8.5 g, Protein: 21.9 g.

Pulled Pork with Chili Pepper BBQ Sauce

Be sure to grab buns and coleslaw to put together some yummy sandwiches! All your friends and family will love with this recipe.

Servings: 8

Prep time: 5 minutes

Cook time: 12 - 20 hours

Ingredients

2 lbs. pork shoulder meat, removed from the bone

1 tablespoon brown sugar

1 teaspoon chili powder

1 teaspoon garlic powder

2 teaspoons kosher salt

1 teaspoon hot red pepper flakes

BBQ sauce, for serving

Directions

1. Preheat sous vide water bath to 165°F.
2. Add all ingredients, except sauce, to a large sous vide bag.
3. Seal the bag and place in the preheated container.
4. Cook for 12 to 20 hours.
5. Transfer pork from bag to a plate and pull apart with two forks.
6. Add pork to a large mixing bowl and fold in BBQ sauce until well-covered.
7. Serve with bread to make sandwiches or with your favorite sides as the main dish.

Nutritional Info: Calories: 344, Sodium: 706 mg, Dietary Fiber: 0.2g, Fat: 24.4g, Carbs: 3.1g,

Protein: 26.5g.

Juicy Beer-Infused Sausages

Spice-filled sausages are yummy when you sous vide and assemble into sandwiches or even serve as a delicious brunch day treat with eggs and pancakes.

Servings: 6 - 8

Prep time: 20 minutes

Cook time: 4 hours

Ingredients

3 lbs. natural-casing raw bratwurst sausage links

6 ounces craft beer

Dijon mustard

Sliced tomatoes

Sliced pickles

Chopped onions

Buns

Directions

1. Preheat a sous vide water bath to 160°F.
2. Add sausages to a vacuum bag in a single layer.
3. Add beer to bag.
4. Seal the bag, but not airtight, so the sausages are not squeezed.
5. Add sausages to water bath and cook for 4 hours.
6. Remove sausages from bags and discard beer.
7. Dry sausages carefully on a paper towel-lined plate.
8. Here, you can grill for 3 minutes each to sear or serve immediately on buns with your favorite toppings.

Nutritional Info: Calories: 125, Sodium: 288 mg, Dietary Fiber: 0.1g, Fat: 9.5g, Carbs: 3.4g, Protein: 4.8g.

SIDE DISHES



Tender Doenjang-Spiced Eggplant

Eggplant has never tasted so tender and spicy as when you whip it up with this recipe in your sous vide.

Servings: 2 - 4

Prep time: 5 minutes

Cook time: 45 minutes

Ingredients

4 large pieces of eggplant, cut into wedges

1/4 cup peanut oil

2 tablespoons doenjang paste

2 tablespoons light soy sauce

1 tablespoon brown sugar

1 tablespoon sesame seeds

Directions

1. Preheat sous vide bath to 185°F.
2. Whisk the Doenjang paste, peanut oil, soy sauce, and sugar together in a mixing bowl.
3. Add the eggplant and toss to coat evenly, then transfer to a sous vide bag and vacuum tight.
4. Cook for 45 minutes.
5. Drain the eggplant wedges from the cooking liquid.
6. Sear the eggplants on a hot grilling pan.
7. Top with sesame seeds and serve.

*Nutritional Info: Calories: 280, Sodium: 2615 mg, Dietary Fiber: 17.1g, Fat: 15.7g, Carbs: 40.1g,
Protein: 7.5g.*

Garlicky Brussels Sprouts

Garlic sprouts are the perfect side dish for robust and hearty meats like steak, Cornish game hens, and even duck confit!

Servings: 2

Prep time: 20 minutes

Cook time: 1 hour

Ingredients

1 lb. brussels sprouts, trimmed

1/4 cup premium olive oil

2 tablespoons garlic, minced

1 tablespoon sea salt

Directions

1. Preheat a sous vide water bath to 185°F.
2. Add all ingredients to a sous vide bag and seal airtight.
3. Add to water bath and cook for 1 hour.
4. Serve immediately with your favourite dish.

Nutritional Info: Calories: 326, Sodium: 2866 mg, Dietary Fiber: 8.7g, Fat: 26g, Carbs: 23.4g, Protein: 8.3g.

Sous Vide Artichokes

You will be surprised at how deliciously delicate artichokes can be when cooked right in your sous vide!

Servings: 2

Prep time: 20 minutes

Cook time: 1 hour

Ingredients

4 artichokes, trimmed down to their hearts

1/4 cup premium olive oil

1 tablespoon sea salt

Directions

1. Preheat a sous vide water bath to 185°F.
2. Toss artichokes with all ingredients until well-coated in a large mixing bowl.
3. Place in a vacuum sealable bag and vacuum airtight.
4. Add to water bath and cook for 1 hour.
5. Serve immediately with your favourite dish.

Nutritional Info: Calories: 368, Sodium: 3113 mg, Dietary Fiber: 17.5g, Fat: 25.7g, Carbs: 34.1g, Protein: 10.6g.

Tender Garlic Asparagus

Sous vide asparagus goes perfectly alongside those creamy garlic and rosemary infused mashed potatoes every night of the week.

Servings: 2 - 4

Prep time: 5 minutes

Cook time: 1 hour

Ingredients

1 lb. asparagus, cleaned and dried with a paper towel

2 teaspoons olive oil

1 tablespoon garlic powder

1 teaspoon sea salt

Directions

1. Preheat sous vide to 135°F.
2. Toss asparagus with all ingredients until well-coated in a large mixing bowl.
3. Place asparagus, lined flat, in a vacuum sealable bag and vacuum airtight.
4. Cook for 1 hour.
5. Serve immediately with your favorite dish.

Nutritional Info: Calories: 50, Sodium: 471mg, Dietary Fiber: 2.6g, Fat: 2.5, Carbs: 5.9g, Protein: 2.8g.

Tangy Garlic Chili Tofu

Chili tofu is just the way to top your favorite salad or serve alongside roast vegetables and rice.

Servings: 2

Prep time: 10 minutes

Cook time: 4 hours

Ingredients

*1 block of super firm tofu
1/4 cup brown sugar
1/4 cup soy sauce
1/4 cup toasted sesame oil
2 tablespoons chili garlic paste*

Directions

1. Preheat sous vide water bath to 180°F.
2. Press out liquid from tofu.
3. Cut tofu into thick chunks, about 2 inches each.
4. Preheat a frying pan on medium, spray with non-stick cooking spray, and cook until golden on each side.
5. Mix soy sauce, brown sugar, toasted sesame oil, and chili garlic paste together until well-blended in a mixing bowl.
6. Toss tofu in sauce to coat well.
7. Transfer tofu and sauce to a sous vide bag and seal.
8. Submerge in sous vide bath and cook for 4 hours.
9. Remove and serve immediately.

*Nutritional Info: Calories: 377, Sodium: 1842 mg, Dietary Fiber: 1.3g, Fat: 29.8g, Carbs: 21.7g,
Protein: 7g.*

Yummy Steak Fries

Yummy steak fries go perfect with any burger, so why not sous vide them while you've got the meat on the grill!

Servings: 2 - 4

Prep time: 10 minutes

Cook time: 1 hour 35 minutes

Ingredients

5 russet Potatoes

1/2 stick unsalted butter

For the seasoning mix:

1 teaspoon garlic powder

1 teaspoon chili powder

1/2 teaspoon smoked paprika

1/2 teaspoon sea salt

1/2 teaspoon black pepper

Directions

1. Preheat a sous vide bath to 190°F.
2. Cut potatoes in half and lengthwise into wedges.
3. Melt butter in the microwave.
4. Mix together seasonings in a separate bowl.
5. Place potatoes in a resealable plastic bag, toss in butter until covered evenly.
6. Toss in seasoning mix and toss to coat again.
7. Seal and lower bag into the water bath
8. Cook for 90 minutes.
9. Remove, place on a baking sheet broil for 2-3 minutes on each side.

10. Serve hot!

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Nutritional Info: Calories: 291, Sodium: 388 mg, Dietary Fiber: 6.9g, Fat: 11.9g, Carbs: 43g, Protein:
4.9g.
.....

Tender Leeks with Herbed Butter

Leeks are an amazing vegetable. Chopped and sautéed they add a wonderful base to many dishes. But they can be eaten as a side vegetable, too! Tender and delicate, these sous vide cooked leeks will please your palate and complement any main dish.

Servings: 4

Prep Time: 10 minutes

Cook Time: 60 minutes

Ingredients:

4 baby leeks (or 2 large)

4 tablespoons butter, salted

1 teaspoon Herbs de Provence

Instructions:

1. Set sous vide bath to 180°F.
2. Wash leeks and cut off ends. If using large leeks, split down the middle, then cut again in half, making four sections per leek. Baby leeks can be left intact.
3. Melt butter in microwave, add herbs, and mix.
4. Put leeks and butter into large zipper-lock bag, swirl the butter mixture around to evenly coat the leeks. Remove excess air and seal shut.
5. Place in sous vide bath and cook for one hour.
6. Serve as a tender side dish for any main course.

Nutritional Info: Calories: 130, Sodium: 108 mg, Dietary Fiber: 0.8 g, Fat: 11.7 g, Carbs: 6.6 g, Protein: 0.8 g.

Tangy Tender Mushrooms

Earthy mushrooms cook up perfectly when you sous vide them and serve with everything.

Servings: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

1 lb. button mushrooms cleaned, rinsed, and cut into bite-size pieces

2 tablespoons soy sauce

2 tablespoons extra-virgin olive oil

1 tablespoon balsamic vinegar

1/2 teaspoon black pepper

1/2 teaspoon sea salt, plus more to taste

Directions

1. Preheat your sous vide water bath to 176°F.
2. Combine the mushrooms with the rest of the ingredients, in a large mixing bowl, and toss to coat evenly.
3. Place the mixture in a sealable plastic bag; seal using the water displacement method or use a vacuum sealer.
4. Add mushrooms to the water bath and cook for 30 minutes.
5. Remove the bag from the water bath and serve immediately with your favorite meal.

Nutritional Info: Calories: 90, Sodium: 692 mg, Dietary Fiber: 1.3g, Fat: 7.3g, Carbs: 4.5g, Protein: 4.1g.

Rich and Creamy Polenta

Polenta is a beautiful rice alternative that can be whipped up in a sous vide and really become the star of any meal you serve it with!

Servings: 4 - 6

Prep time: 5 minutes

Cook time: 1 hour

Ingredients

1/2 cup dry yellow polenta

2 cups chicken or vegetable stock

1/4 cup butter, unsalted

Sea salt

1/4 cup pecorino romano cheese, for serving

Directions

1. Preheat sous vide water bath to 182°F.
2. Add polenta, stock, butter and a pinch of sea salt to a resealable plastic bag and seal.
3. Submerge the bag in the water bath and cook for 1 hour.
4. Remove from the water bath and add to a mixing bowl.
5. Fold in cheese until well-incorporated and serve warm.

Nutritional Info: Calories: 176, Sodium: 233 mg, Dietary Fiber: 0.1g, Fat: 10.7g, Carbs: 3.6g, Protein: 15.8g.

Easy Flavor-Packed Pickles

Easy to make, flavor packed pickles are a lovely way to put your sous vide to use when making condiments at home.

Servings: 10

Prep time: 10 minutes

Cook time: 2 hours 30 minutes, plus overnight for brining

Ingredients:

20 small cucumbers, stems removed

4 medium mason jars

20 black peppercorns

4 garlic cloves, smashed

4 teaspoons fresh dill

For the Pickling Brine:

2-1/2 cups white wine vinegar

2-1/2 cups water

1/2 cup sugar, granulated

2 tablespoons pickling salt

Directions

1. Preheat sous vide bath to 140°F.
2. Whisk brine ingredients together in a large mixing bowl until well-combined.
3. Place 5 cucumbers, 5 peppercorns, 1 garlic clove, and 1 teaspoon dill in each mason jar.
4. Fill each jar with brine and seal lid tight.
5. Submerge mason jars in water bath and cook for 2 hours 30 minutes.
6. Remove from the water bath and allow to cool to room temperature.
7. Refrigerate overnight or up to 3 days to brine.

8. Serve with your favorite meals or as a delicious snack.

*Nutritional Info: Calories: 475, Sodium: 1422 mg, Dietary Fiber: 0.9g, Fat: 27.8g, Carbs: 49.9g,
Protein: 4.7g.*

Hot Chili Chutney

For all things curry and Indian dishes at home, you'll love this hot chili chutney that is the perfect complement to crisp poppadoms and cool raita.

Servings: 6

Prep time: 10 minutes

Cook time: 5 hours 50 minutes

Ingredients

*5 medium jalapeños
2 medium red bell peppers
1 medium red onion, chopped
1/2 tablespoon rosemary
1 bay leaf
1/2 teaspoon ground cinnamon
1/4 teaspoon sea salt
1/4 teaspoon black pepper
1/2 cup brown sugar
1 tablespoon balsamic vinegar*

Directions

1. Preheat sous vide bath to 182°F.
2. Roast the peppers under a broiler until skins are completely charred.
3. Transfer the peppers to a bowl, cover with plastic wrap, and let sit about 15 to 20 minutes or until cool enough to handle.
4. Peel away the charred outer skins, cut the peppers in half, core, seed, and finely chop the flesh.
5. Add peppers and remaining ingredients to a cooking pouch and vacuum seal.
6. Submerge the pouch in water bath and cook for 5 hours.
7. Remove from the water bath and quick chill by submerging in ice

water for 30 minutes.

8. Serve right away, or refrigerate in the pouch, unopened, for up to a week.

Nutritional Info: Calories: 91, Sodium: 84 mg, Dietary Fiber: 3.3g, Fat: 0.6g, Carbs: 21.5g, Protein: 1.7g.

Fragrant Tomato Sauce

Whipping up your very own tomato sauce is so very easy with the sous vide, so you can enjoy your summer garden for quick evening meals all winter long.

Servings: 4 - 6

Prep time: 10 minutes

Cook time: 55 minutes

Ingredients

2 tablespoons olive oil

1/2 cup onion, chopped

2 garlic cloves, minced

3 sprigs fresh oregano, stemmed

2 lbs. ripe tomatoes

6 large basil leaves, chopped

1 whole green pepper, seeded and cut into four large pieces

Directions

1. Heat olive oil to medium in a sauté pan.
2. Add onion, garlic, and oregano, and cook until fragrant, about 5 to 7 minutes, and set aside to cool.
3. Preheat sous vide water bath to 120°F.
4. Add olive oil mix, tomatoes, and remaining ingredients to a resealable plastic bag, and seal airtight.
5. Cook for 50 minutes.
6. Remove bag from the water, open and let cool for a few minutes.
7. Remove peppers and discard.
8. Remove and peel the tomatoes.
9. Add peeled tomatoes and the remaining contents of the bag to a food processor or blender and process until desired texture is achieved.

10. Serve with your favorite dishes.

Nutritional Info: Calories: 84, Sodium: 9 mg, Dietary Fiber: 3.4g, Fat: 5.3g, Carbs: 9.5g, Protein: 2g.

Creamy Béarnaise Sauce

Known as baby hollandaise, this sauce is easy to make and perfect served atop your favorite cut of steak and fingerling potatoes for one decadent touch.

Servings: 2 - 4

Prep time: 15 minutes

Cook time: 30 minutes

Ingredients

For the reduction:

*1 bunch fresh tarragon, chopped
2 medium shallots, minced
1/2 cup white wine vinegar
1/2 cup dry white wine
6 whole black peppercorns*

For the sauce:

*3 egg yolks
2 cups, premium French butter
3-4 tablespoons reduction
Sea salt and pepper, to taste*

Directions

1. Preheat water bath for 140°F.
2. In a small saucepan, combine tarragon, shallots, vinegar, pepper and wine over medium-high heat.
3. Bring to simmer and cook until reduced by half.
4. Remove from heat, strain liquid, and set it aside to cool.
5. Place reduction, butter and egg yolks in a resealable plastic bag - DO NOT seal.
6. Place the bag in the water bath to cook for 30 minutes.
7. Pour the sauce into a food processor or blender, and process until thickened.

8. Season with sea salt and pepper and serve immediately.

Nutritional Info: Calories: 205, Sodium: 89 mg, Dietary Fiber: 1.5g, Fat: 6.4g, Carbs: 26.9g, Protein: 5.7g.

Holiday Cranberry Sauce

Cranberry sauce is the perfect complement to poultry like turkey or Cornish hens served with stuffing and mashed potatoes.

Servings: 6 - 8

Prep time: 3 minutes

Cook time: 2 hours

Ingredients

1 package frozen cranberries (or fresh)

1-2 tablespoons raw honey

1 cinnamon stick

2 fresh cloves

1 orange, sliced thin

1/2 tablespoon cinnamon

1/2 teaspoon nutmeg

Directions

1. Preheat water bath to 185°F.
2. Place cranberries in a sealed bag along with remaining ingredients and cook for about 2 hours.
3. Remove and transfer to an ice bath for 5 - 10 minutes.
4. Serve with your favorite meals; alternatively, you can refrigerate for up to 14 days.

Nutritional Info: Calories: 102, Sodium: 0mg, Dietary Fiber: 7.1 g, Fat: 0 g, Carbs: 25 g, Protein .3 g.

Green Beans Almandine

This is a light and easy side dish to prepare. The green beans come out crispy, and the lemon adds citrusy freshness with a crunchy element thanks to the almonds.

Servings: 3

Prep Time: 15 Minutes

Cook Time: 1 Hour 30 Minutes

Ingredients:

*3 cups fresh green beans
2 tablespoons olive oil
1 tablespoon lemon zest
1 teaspoon salt
2 tablespoons lemon juice
1/2 cup toasted almonds*

Directions:

1. Preheat your sous vide water bath to 180 °F . Clean and trim the green beans and mix with lemon zest and olive oil. Roughly chop the almonds.
2. Place the whole mixture in the sous vide bag, seal, and place in your preheated container. Set the timer for 1-1/2 hours.
3. Put the cooked green beans on a plate, top with lemon juice, and season with salt.
4. Mix in the almonds and serve.

Nutritional Info: Calories: 209, Sodium: 78 mg, Dietary Fiber: 5.9 g, Fat: 17.5 g, Carbs: 11.9 g, Protein 5.5 g.

Apple Butternut Squash Soup

This sweet soup takes minimal effort, and your sous vide cooks the apples and butternut squash to a perfect consistency for silky smooth soup.

Servings: 4

Prep Time: 10 Minutes

Cook Time: 2 Hours

Ingredients:

*1 medium butternut squash,
1 large tart apple
1/2 yellow onion
1 teaspoon sea salt
3/4 cup light cream*

Directions:

1. Preheat your sous vide bath to 185 °F . Core and slice the apple, peel and slice the butternut squash, slice the onion.
2. Place the butternut squash, apple, and onion in a sous vide bag. Seal and place the bag in your preheated container and set your timer for 2 hours.
3. Once cooked, place the ingredients in a blender and blend until smooth. Add the remaining ingredients and puree again.

Nutritional Info: Calories: 226, Sodium: 48 mg, Dietary Fiber: 7.2 g, Fat: 7.3 g, Carbs: 42.4 g, Protein 3.6 g.

Glazed Carrots

This is a classic dish that goes with just about anything. The carrots come out tasting so creamy and sweet you'll almost want them for dessert.

Servings: 4

Prep Time: 10 Minutes

Cook Time: 1 Hour

Ingredients:

*1 lb. baby carrots
2 teaspoons butter
2 teaspoons honey
Salt and pepper*

Directions:

1. Preheat your sous vide bath to 185 °F .
2. Place all the ingredients in the sous vide bag including salt and pepper to taste.
3. Seal and place the bag in your preheated container and set your timer for 1 hour.
4. When the carrots are cooked, put them on a plate to cool for a few minutes, and drizzle with cooking juices.
5. Serve with your main dish.

Nutritional Info: Calories: 67, Sodium: 10 mg, Dietary Fiber: 3.3 g, Fat: 2.1 g, Carbs: 12.2 g, Protein 0.8 g.

Sweet Potatoes with Coconut Chili

One of the most delicious and nutritious vegetables is the sweet potato. With its rich sweetness, it tastes decadent when it actually packs a lot of healthy carbs and vitamin A. It tastes wonderful prepared with a savory side, too, like in this recipe.

Servings: 4

Prep Time: 10 minutes

Cook Time: 60 minutes

Ingredients:

4 sweet potatoes

2 tablespoons coconut oil, melted

½ teaspoon chili powder

½ teaspoon cumin powder

¼ teaspoon salt

2 tablespoons chopped cilantro, for garnish

Directions:

1. Set sous vide bath to 190°F.
2. Peel and cut sweet potatoes into 1 inch thick roundels.
3. Mix melted coconut oil and spices in a bowl. Add sweet potato and mix well, making sure to cover the roundels in the oil and spice.
4. Place in a large zipper-lock bag (or multiple smaller zipper-lock bags), remove excess air and seal.
5. Place in sous vide bath and cook for 60 minutes.
6. Serve garnished with some chopped cilantro.

Nutritional Info: Calories: 164, Sodium: 192 mg, Dietary Fiber: 4 g, Fat: 7.1 g, Carbs: 23.9 g, Protein 2.4 g.

Garlic and Rosemary Risotto

This makes a creamy and delicious risotto without all the stirring. It has a lovely aromatic flavor thanks to the garlic and rosemary.

Servings: 4

Prep Time: 10 Minutes

Cook Time: 45 Minutes

Ingredients:

*1 cup Arborio rice
1 teaspoon extra virgin olive oil
2 tablespoons jarred, roasted minced garlic
3 cups chicken or vegetable broth
1 sprig fresh rosemary
Salt and pepper
1/3 cup grated Romano cheese*

Directions:

1. Preheat your sous vide cooker to 185 °F . Discard the stems from the rosemary and mince the leaves.
2. Place all ingredients except for cheese in a resealable bag.
3. Place the bag in your preheated container and set your timer for 45 minutes.
4. When the rice is cooked, place it in a bowl and fluff with a fork.
5. Mix in the cheese and serve immediately.

Nutritional Info: Calories: 228, Sodium: 105 mg, Dietary Fiber: 1.7 g, Fat: 3.2 g, Carbs: 40.5 g, Protein 7.9 g.

Lemon and Parmesan Broccoli

The broccoli comes out crispy and yet tender. The lemon adds a bright citrus flavor that's balanced by the saltiness of the parmesan.

Servings: 5

Prep Time: 10 Minutes

Cook Time: 45 Minutes

Ingredients:

1 head of broccoli

2 tablespoons butter

Salt and pepper

Parmesan cheese, for sprinkling

1 lemon

Directions:

1. Preheat your sous vide bath to 185 °F . Cut the head of broccoli into large pieces.
2. Put the broccoli and butter in a sous vide bag. Salt and pepper to taste.
3. Place the bag in your preheated container and set your timer for 45 minutes.
4. Transfer broccoli to a plate and add the lemon juice and top with cheese to serve.

Nutritional Info: Calories: 63, Sodium: 51 mg, Dietary Fiber: 4.7 g, Fat: 4.8 g, Carbs: 4.7 g, Protein 1.7 g.

10

DESSERT



Unbelievable Flourless Chocolate Cake

For those who love flourless desserts, this yummy chocolate cake is just the way to finish a beautiful dinner or compliment your favorite hot drink in the afternoon.

Servings: 6

Prep time: 10 minutes

Cook time: 7 hour 15 minutes

Ingredients

*4 large eggs, cold
1/2 lb. semisweet chocolate chips
4 ounces butter
6 (4 ounce) mason jars
Powdered sugar, for dusting cakes*

Directions

1. Set the sous vide to preheat to 115 °F.
2. Place chocolate and butter in a resealable freezer bag and place in the water bath for 15 minutes to melt chocolate; massage the bag every 5 minutes to ensure the mixture is well blended.
3. Remove the bag and set the sous vide to 170°F.
4. Spray mason jars with non-stick spray or grease with butter.
5. Beat the eggs with a standing mixer at high speed until the volume doubles.
6. Turn the mixer to low, cut the corner off the freezer bag, and drizzle the melted chocolate mixture in slowly until the mixture is totally homogeneous.
7. Scrape the batter into canning jars and smooth the surface by tapping the jar firmly but gently on a flat surface.
8. Screw each lid on tight and add jars carefully to your water bath for 60 minutes.

9. Cool jars on a wire rack to room temperature.
10. Place jars in the refrigerator, cover with a kitchen towel, and leave to set for 6 hours.
11. Garnish with powdered sugar to serve.

Nutritional Info: Calories: 375, Sodium: 156 mg, Dietary Fiber: 2g, Fat: 29.3g, Carbs: 25.6g, Protein: 4.4g.

Mason Jar Salted Caramel Cheesecake

Creamy cheesecake is also possible right in the heart of your kitchen with sous vide.

Servings: 4

Prep time: 15 minutes

Cook time: 90 minutes

Ingredients

1 cup graham cracker crumbs
1 tablespoon unsalted butter, room temperature
1 (8 ounce) package neufchatel cheese
1-1/2 cups Greek vanilla yogurt, strained
1/4 cup water
1 (.25-ounce) packet unflavored gelatin
8 (4 ounce) mason jars

For the caramel sauce:

1 cup sugar
6 tablespoons unsalted butter
1/2 cup heavy cream
Sea salt, for serving

Directions

1. Preheat water bath to 176°F.
2. Blend graham cracker crumbs and the butter together in a mixing bowl to make cheesecake crust.
3. Spoon mixture evenly into each mason jar and press to form the crust.
4. Whip the Greek yogurt and cream cheese together in a mixing bowl, with a hand mixer, until smooth.
5. Bring water to a boil and add the unflavored gelatin, whisking until it is dissolved and smooth.
6. Add the warm gelatin to the cheesecake batter slowly, whipping until smooth.

7. Add batter evenly to mason jars, screw lids on tight, and place in water bath for 90 minutes.
8. Remove cheese cakes and refrigerate for at least 4 hours or overnight to set.
9. Prepare the sauce by adding the sugar to a saucepan over medium heat; whisk until the sugar has completely melted, turning into a rich, gold liquid.
10. Remove from heat and whisk in the butter.
11. Stream in the cream slowly, whisking until the caramel sauce comes together; pour into a glass jar and let cool.
12. Top each mini cheesecake with the caramel sauce and a touch of sea salt for serving.

*Nutritional Info: Calories: 577, Sodium: 624 mg, Dietary Fiber: 1.3g, Fat: 24.8g, Carbs: 75.9g,
Protein: 14.1g.*

Apple Cranberry Pie

Decadent apple pie can be whipped up in no time when it comes to sous vide cooking.

Servings: 4

Prep time: 5 minutes

Cook time: 2 hours 15 minutes

Ingredients

2 lbs. honey crisp apples, peeled, cored and diced 1/4 inch chunks

8 ounces fresh cranberries

3/4 cup brown sugar

2 tablespoons cornstarch

2 teaspoons ground cinnamon

1/2 teaspoon nutmeg

2 tablespoons butter

For the pie crust:

1 package store bought puff pastry

2 teaspoons 2% milk

2 teaspoons sugar

Directions

1. Preheat a water bath to 160°F.
2. Add apples, cranberries, brown sugar, cornstarch, ground cinnamon, nutmeg, and butter to a resealable plastic bag; use the water displacement to get the air out and seal.
3. Place the sealed bag in the water bath for 90 minutes.
4. Plunge the bag of cooked filling into an ice bath to cool for 3 minutes.
5. Preheat oven to 350°F.
6. Roll out one sheet of puff pastry to fit a 9" x 13" pan. Place puff pastry in the pan and add cool apple filling.
7. Roll out second piece of puff pastry and place on top of the

filling. Crimp the edges of the puff pastry to seal them together.

8. Cut 1 inch slits in the top, evenly across, to vent.
9. Brush with milk and sprinkle with sugar.
10. Bake for 30 minutes or until puff pastry is golden brown.
11. Allow to cool before serving!

*Nutritional Info: Calories: 306, Sodium: 80 mg, Dietary Fiber: 4.2g, Fat: 10.5g, Carbs: 51.3g,
Protein: 1.3g.*

Meyer Lemon Cheesecake with Blueberries

Meyer lemons are out of this world when you use them as the start of any dessert - especially topped with sweet raspberries.

Servings: 4

Prep time: 20 minutes

Cook time: 8 hours 90 minutes

Ingredients

*1 (8 ounce) package neufchatel cheese
1/2 cup granulated sugar
1/4 cup sour cream
2 eggs
1 Meyer lemon, zested
4 tablespoons fresh Meyer lemon juice
1 cup graham cracker crumbs
1 tablespoon unsalted butter, room temperature
8 (4 ounce) mason jars*

For the topping:

*Blueberries
Powdered sugar*

Directions

1. Preheat water bath to 176°F.
2. Blend graham cracker crumbs and the butter together in a mixing bowl to make cheesecake crust.
3. Spoon mixture evenly into each mason jar and press to form the crust.
4. Whip the sugar, sour cream, lemon juice and cheese together in a mixing bowl, with a hand mixer, until smooth.
5. Incorporate the eggs until smooth.

6. Add batter evenly to mason jars, screw lids on tight, and place in water bath for 90 minutes.
7. Remove cheesecakes and refrigerate for at least 4 hours or overnight to set.
8. Top each mini cheesecake with blueberries and powdered sugar to serve chilled.

*Nutritional Info: Calories: 442, Sodium: 475 mg, Dietary Fiber: 2.2g, Fat: 23.6g, Carbs: 49.5g,
Protein: 10.6g.*

Spiced Pumpkin Pudding

Hearty pumpkin pudding is just the way to make the most out of your sous vide when it comes to serving a festive meal.

Servings: 4

Prep time: 15 minutes

Cook time: 3 hours

Ingredients

*1 cup unbleached flour
2 teaspoons ground cinnamon
1 teaspoon baking powder
1/2 teaspoon ground nutmeg
1/4 teaspoon baking soda
1/8 teaspoon ground cloves
3/4 cup canned pumpkin puree
1/2 cup vegetable oil
1/3 cup sugar
1/4 cup dark brown sugar, packed
1/2 teaspoon sea salt
2 large eggs
4 (8 ounce) mason jars
Butter, for greasing*

Directions

1. Preheat sous vide water bath to 195°F.
2. Grease 4 (8 ounce) mason jars with butter.
3. Whisk together flour, cinnamon, baking powder, nutmeg, baking soda, and cloves in a medium mixing bowl.
4. Whisk together pumpkin, vegetable oil, sugars, and salt until well combined in a separate mixing bowl; add eggs one at a time until well combined.
5. Fold flour mixture into pumpkin mixture until just combined.

6. Divide the batter between the prepared mason jars; fill each no more than 2/3 full.
7. Firmly tap jars on the counter to remove air bubbles and seal lids until just tight.
8. Add jars to water bath and cook for 3 hours.
9. Transfer to a cooling rack.
10. Remove the lids and let the pudding cool to room temperature.
11. Serve right out of the jar with a spoon!

Nutritional Info: Calories: 534, Sodium: 376 mg, Dietary Fiber: 2.9g, Fat: 33.2g, Carbs: 55g, Protein: 7g.

Buttered Spiced Apples

This is a perfect dessert for the winter months. The spices have a warm flavor that are comforting on those cold winter nights.

Servings: 6

Prep Time: 20 Minutes

Cook Time: 2 Hour

Ingredients:

*Zest and juice from 1 lemon
6 small apples
6 tablespoons unsalted butter
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 heaping teaspoon dark brown sugar
1 heaping tablespoon dark or golden raisins
Dollops of crème fraîche, whipped cream or ice cream*

Directions:

1. Preheat your sous vide bath to 170 °F . Peel and core the apples, soften the butter, and completely zest the lemon.
2. Coat the apples with lemon juice. Place the lemon zest in a bowl and combine with the cinnamon, sugar, nutmeg, raisins, butter, and salt. Place an equal amount of the mixture in the hollowed-out center of each apple.
3. Put 2 apples in each bag and set your timer for 2 hours.
4. Remove apples from the bag and serve immediately with cooking liquid.

*Nutritional Info: Calories: 229, Sodium: 278 mg, Dietary Fiber: 5.9 g, Fat: 12 g, Carbs: 33.9 g,
Protein 0.9 g.*

Champagne Strawberries

These strawberries have the most intense strawberry flavor you can imagine. They're great on their own or served with ice cream, meringues, or whipped cream.

Servings: 4

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Ingredients:

12 oz. strawberries, trimmed

2 tablespoons champagne

2 teaspoons sugar

Directions:

1. Preheat your sous vide bath to 185 °F .
2. Place all the ingredients in a sous vide bag, seal, and place the bag in the preheated container and set your timer for 15 minutes.
3. Meanwhile, prepare an ice bath. When the strawberries are cooked, put them directly in the ice bath until they're cold.

Nutritional Info: Calories: 80, Sodium: 1 mg, Dietary Fiber: 1.7 g, Fat: 12 g, Carbs: 0.3 g, Protein 0.6 g.

Rose Water Apricots

Apricots have an amazing, velvety texture when they're cooked sous vide. The rose water adds a floral flavor that complements the sweet apricots.

Servings: 8

Prep Time: 10 Minutes

Cook Time: 1 Hour

Ingredients:

8 apricots

1 teaspoon rose water

1/2 cup water

Directions:

1. Preheat your sous vide bath to 180 °F . Cut the apricots in half and remove the pit.
2. Place all the ingredients in a sous vide bag. Then place the bag in your preheated container and set your timer for 1 hour.
3. When the apricots are cooked, serve in a small bowl or plate.

Nutritional Info: Calories: 17, Sodium: 1 mg, Dietary Fiber: 0.7 g, Fat: 0.2 g, Carbs: 3.8 g, Protein 0.5 g.

Champagne Zabaglione

Zabaglione is an Italian custard dessert that's packed with flavor. This recipe is pretty boozy so it's probably not for kids.

Servings: 4

Prep Time: 20 Minutes

Cook Time: 1 Hour

Ingredients:

4 large egg yolks

1/2 cup superfine sugar

1/2 cup champagne

1/2 cup heavy whipping cream

1/2 pint fresh raspberries

Directions:

1. Preheat your sous vide bath to 165 °F .
2. Place the eggs in a bowl and slowly whisk in the sugar. Continue to whisk until ingredients become thick. Add the champagne and continue to lightly whisk until you have dissolved the sugar.
3. Place the mixture in a sous vide bag. Seal and place the bag in the preheated container. Set your timer for 20 minutes.
4. Meanwhile, prepare an ice bath. Once cooked, put the bag in the ice bath until cold. Whip the cream and fold the whipped cream into the cold zabaglione.
5. Place a layer of the mixture in a glass and then top with some berries. Add another layer of the mixture and top with a couple more berries. Repeat the process with 3 more glasses.
6. Serve immediately.

Nutritional Info: Calories: 231, Sodium: 14 mg, Dietary Fiber: 2.5 g, Fat: 10.3 g, Carbs: 30.8 g, Protein 3.5 g.

Mexican Pot De Creme

These custard like pots have a creamy texture and a deep chocolate flavor that's enhanced by the cinnamon and balanced by a pinch of salt.

Servings: 5

Prep Time: 2 Hours 40 Minutes

Cook Time: 30 Minutes

Ingredients:

*1 cup heavy whipping cream
1/2 cup whole milk
1 cup bittersweet chocolate, chopped
1/2 teaspoon cinnamon
1 tablespoon sugar
3 egg yolks
2 teaspoons cocoa powder
1/2 teaspoon vanilla extract
1/8 teaspoon salt
Flakey sea salt for garnish
5 (4-oz) mason jars*

Directions:

1. Preheat your sous vide bath to 180 °F . Chop the chocolate and put it in a large bowl with the sugar and cinnamon.
2. Heat a pan on medium heat with the cream and milk. Allow the mixture to come to a boil and then pour it over the chocolate. Let the mixture rest for 5 minutes.
3. While the mixture is resting, whisk together the vanilla, salt, cocoa powder, and eggs.
4. Stir the chocolate mixture. Whisk in the cocoa powder mixture into the chocolate mixture.
5. Pour an equal amount of the mixture into the mason jars. Seal the jars and place in your preheated container and set your timer for

30 minutes.

6. When the jars are cooked, place them on top of a kitchen towel on the counter to cool for 20 minutes. Place the cooled jars in the refrigerator for at least 2 hours.
7. Sprinkle the jars with a little sea salt to serve.

*Nutritional Info: Calories: 332, Sodium: 109 mg, Dietary Fiber: 1.5 g, Fat: 22.4 g, Carbs: 25.1 g,
Protein 5.6 g.*

Lavender Spiced Crème Brûlée

Cooking your crème brûlée in a sous vide gives it the perfect texture every time. The lavender adds a light floral flavor.

Servings: 6

Prep Time: 2 Hours 20 Minutes

Cook Time: 1 Hour

Ingredients:

*8 jumbo egg yolks
1/2 cup sugar plus more for topping
1 teaspoon salt
1 teaspoon culinary lavender
2-1/2 cups heavy whipping cream*

Directions:

1. Preheat your sous vide bath to 176 °F .
2. Combine the eggs, sugar, lavender, and salt, in a bowl and whisk them together.
3. Heat the cream on medium heat until simmering.
4. Carefully and slowly mix the cream into the lavender mixture using a whisk. Otherwise, the eggs will curdle.
5. Strain the ingredients and discard the lavender. Pour an equal amount of the mixture into 6 mason jars. Tighten the lids so they're finger tight.
6. Place the jars in your preheated container and set your timer for 1 hour.
7. Once cooked, place the jars on a kitchen towel on the counter. Let the jars come down to room temperature.
8. Prepare an ice bath. Put the cooled jars in the ice bath until cold, top the crème brûlée with a layer of sugar and use a kitchen torch to caramelize it. Allow it to harden for 5 minutes.

9. Serve immediately.

*Nutritional Info: Calories: 321, Sodium: 48 mg, Dietary Fiber: 0 g, Fat: 24.4 g, Carbs: 19 g, Protein
8.5 g.*

Filipino-Style Leche Flan

This is a traditional Filipino Dessert that's incredibly rich with an amazing custard texture and caramel flavor.

Servings: 4

Prep Time: 20 Minutes

Cook Time: 2 Hours

Ingredients:

*3/4 cups granulated sugar
12 egg yolks
1 (14-oz can) of condensed milk
1 (12-oz can) evaporated milk
1 teaspoon vanilla extract
4 (1/2 pint) mason jars*

Directions:

1. Preheat your sous vide bath to 180 °F .
2. Heat the sugar in a saucepan on medium high heat. Stir constantly until the sugar melts and turns a caramel color. Pour equal portions of the caramel into the 4 mason jars and allow it to cool.
3. Lightly mix together the remaining ingredients and strain through cheesecloth. Pour an equal amount into the mason jars.
4. Place the jars in the preheated container and set your timer for 2 hours.
5. When the flan is cooked, place the jars on a kitchen towel on the counter. Allow the jars to cool down to room temperature.
6. Place the jars in the refrigerator for at least 2 hours before serving.
7. Serve directly in the jar or remove and put the flan on a plate.

Nutritional Info: Calories: 665, Sodium: 212 mg, Dietary Fiber: 0 g, Fat: 26.6 g, Carbs: 89.6 g,

Protein 19.9 g.

Gone Bananas Foster

You'll never find an easier way to make bananas foster than this. The rum adds a delicious sweet and caramelized flavor to the bananas.

Servings: 2

Prep Time: 15 Minutes

Cook Time: 25 Minutes

Ingredients:

*2 tablespoons dark rum
4 tablespoons butter
1 teaspoon vanilla
1/2 cup brown sugar
2 bananas
1 teaspoon cinnamon
1/2 cup pecans
2 scoops vanilla ice cream*

Directions:

1. Preheat your sous vide bath to 145 °F . Peel and cut the bananas into 1-inch pieces.
2. Place the vanilla, butter, brown sugar, and rum in a pan over high heat. Bring the mixture to a boil and remove from heat.
3. Season the bananas with cinnamon and put them in the bag of your choice with 3 tablespoons of the sauce.
4. Place the bag in your preheated container and set your timer for 25 minutes.
5. When the bananas are cooked, plate them with a scoop of vanilla ice cream and top with the remaining sauce.
6. Serve immediately.

Nutritional Info: Calories: 722, Sodium: 228 mg, Dietary Fiber: 5.7 g, Fat: 40.4 g, Carbs: 81.7 g,

Protein 5.4 g.

Maple Raisin Rice Pudding with Ginger

Simply combine all the ingredients in a bag and let the sous vide do the work. The rice pudding is sweet thanks to the maple syrup and spicy thanks to the ginger.

Servings: 8

Prep Time: 5 Minutes

Cook Time: 2 Hours

Ingredients:

*3 cups skim milk
2 tablespoons butter
2 cups Arborio rice
1/2 cup golden raisins
1/2 cup maple syrup
2 teaspoons ground cinnamon
1/2 teaspoon ground ginger*

Directions:

1. Preheat your sous vide bath to 180 °F .
2. Put all the ingredients in a sous vide bag and place the bag in your preheated container and set your timer for 2 hours.
3. Once cooked, place equal portions in 8 bowls.
4. Top each bowl with a little extra cinnamon to serve.

Nutritional Info: Calories: 311, Sodium: 75 mg, Dietary Fiber: 2 g, Fat: 3.2 g, Carbs: 63.2 g, Protein 6.5 g.

Marsala Poached Pears with Cinnamon Mascarpone Whipped Cream

The Marsala adds a lovely deep flavor to the pears, and the whipped cream balances out the sweetness of the spices.

Servings: 4

Prep Time: 25 Minutes

Cook Time: 1 Hour

Ingredients:

*4 Bartlett pears, peeled
1/2 cup Marsala wine
1-1/2 teaspoons honey
2 tablespoons light brown sugar
1/3 cup mascarpone cheese
1/3 cup 35% whipping cream or coconut cream
1/4 teaspoon ground cinnamon
1 tablespoon maple syrup or honey*

Directions:

1. Preheat your sous vide bath to 185 °F .
2. Place the first 4 ingredients in a sous vide bag. Seal, then place the bag in your preheated container and set your timer for 1 hour.
3. Towards the end of the cooking process, chill a bowl and place the cheese and cream in it. Whip the mixture until soft peaks appear. Whisk in the cinnamon and maple syrup until the peaks hold their shape.
4. When the pears are cooked, place them in a bowl and pour the juices into a pan. Heat on medium high heat until it reduces by half.
5. Pipe or place a dollop of whip cream on a plate with each pear. Top the pears with the warm sauce.

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*Nutritional Info: Calories: 259, Sodium: 26 mg, Dietary Fiber: 7 g, Fat: 7.7 g, Carbs: 42.5 g, Protein
3.6 g.*
